

Human Growth & Development



Emotional
Well-
being

Ground Rules



- ✓ Be Respectful
- ✓ Exhibit Maturity
- ✓ Demonstrate Patience

Introducing...



The Question Box

Name the Differences

Differences?
Let us count the
ways...

Compare how
children think
versus teens
versus adults

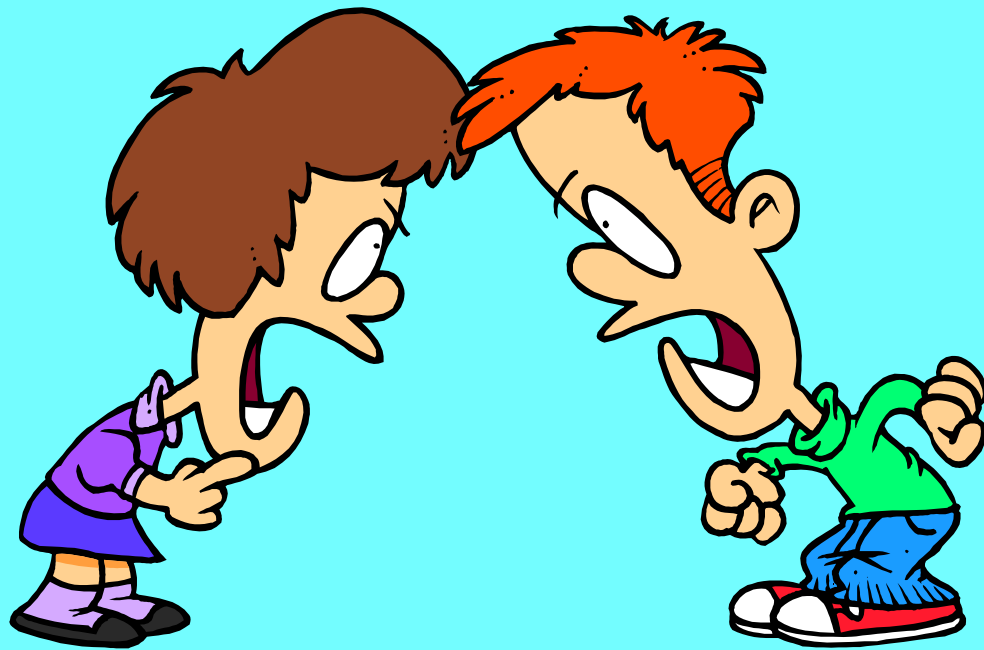


Emotional Instability



During puberty you may find yourself very emotional and sensitive to what others say or do

Family Feuding?

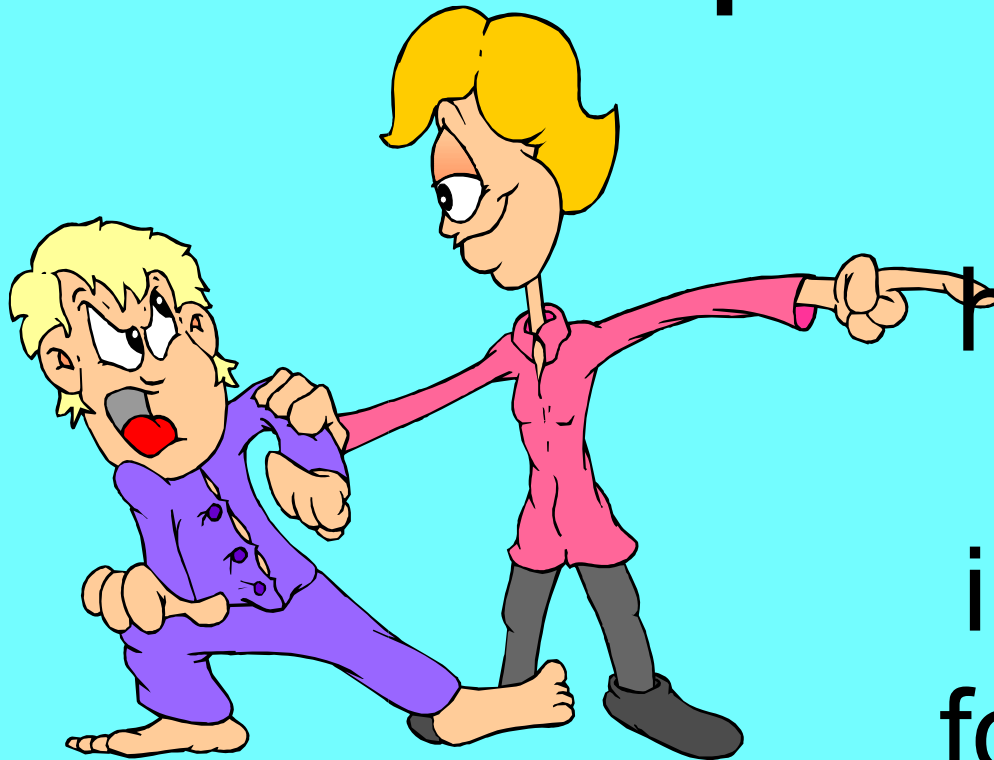


Arguing and fighting with brothers and/or sisters during puberty is fairly common

Desire for ~~Independence~~

Parents/

Guardians may
have a hard time
with your
increased desire
for independence

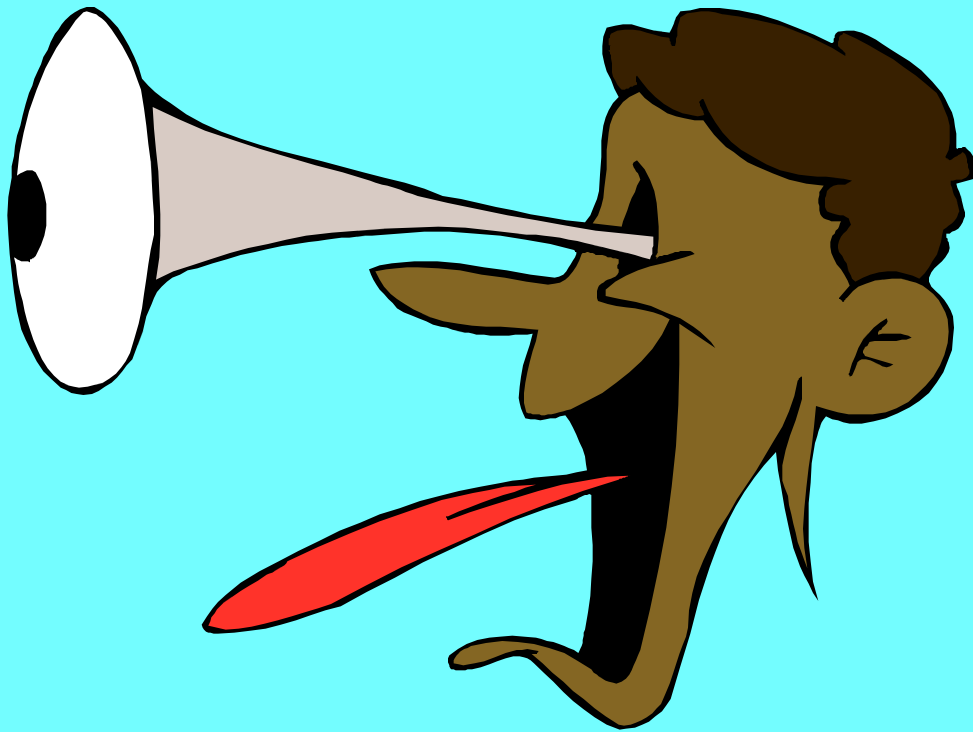


Difficulty Concentrating



You may notice increased difficulty concentrating at school, on homework and during other activities

Interest in Relationships



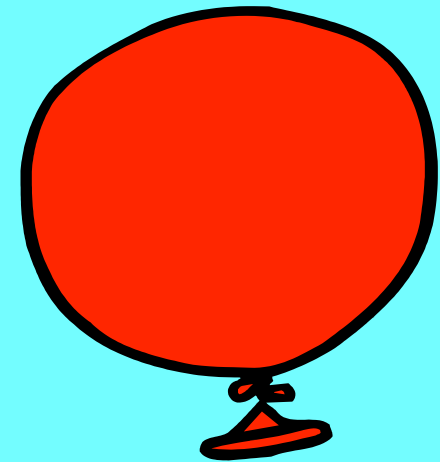
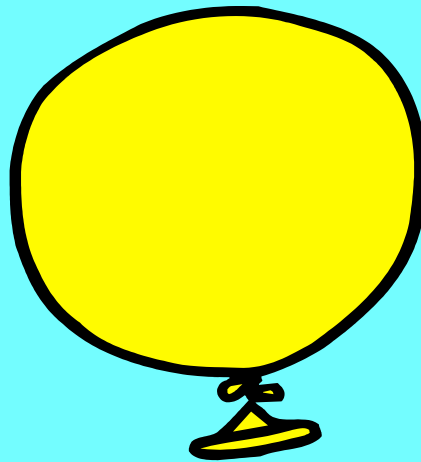
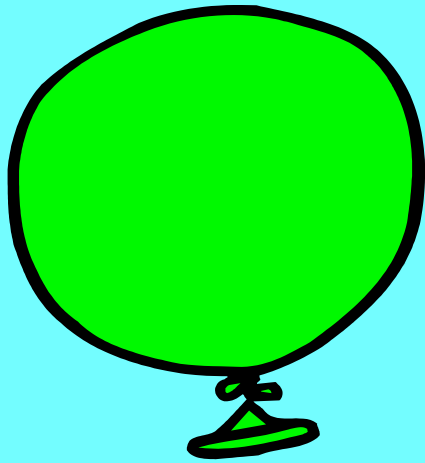
You may
notice
increased
interest in
having a
boyfriend or
girlfriend

Frustration



You may find you
get frustrated
easily and have
difficulty
managing your
anger

Full of Hot Air



Let's take a look at feelings and
how to deal with them

Reliable Resources



Remember when you have questions about puberty and changes ask a responsible and reliable adult... Get the **FACTS**

The End

