

MANAGING SELF



HERE I GROW

The journey to becoming an adult

Nobody's experience is exactly the same. Puberty can start early for some (perhaps 8 or 9) whilst much later for others (perhaps 16 or 17).

How we change

When the brain decides the time is right, the pituitary gland begins releasing hormones that it has been preparing. These hormones, or chemical messengers, travel in the blood where they start up specific hormone producing cycles. Testosterone for boys and oestrogen and progesterone for girls.



During puberty, people will begin to grow taller, stronger and develop a male or female shape.

Unlike the rest of the body, the brain doesn't increase in size during puberty.

Provided the brain is kept healthy, it makes many, many, many important connections during puberty thanks to the chemicals in the brain known as Neurotransmitters that make us think, feel and act. They make it possible for our brain to process information, manage emotions and keep us alive.

There are some simple things we can do to keep our brain chemicals healthy and in good supply:

1. Eat a balanced, nutritious diet.
2. Avoid ongoing stress. If something is wrong, talk to someone.
3. Get a good nights sleep. It is during sleep that your body manufactures and replenishes many of its chemicals.
4. Exercise is not only good for your body, it is also a way to treat your brain to more oxygen.
5. Be kind. Being kind to others activates the area of the brain which makes us feel good. Just thinking back on having been kind in the past may be enough to improve your mood.

EXPLORE!

Looking after ourselves and others



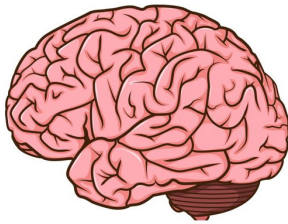
The need for kindness

Puberty arrives at a time when there is so much going on in a person's life and one kind word can really help when someone is struggling.

As a class, brainstorm ideas on how to be kind and express kindness (in class, social media, at home)

Your brain and body are amazing

The brain and body are awash with hormones and chemicals during puberty.



We can set simple goals to help stay in good health.

- eating a balanced diet
- managing stress
- getting enough sleep
- exercising regularly

Describe the things that will help you maintain a healthy lifestyle.

Hormone Olympics

"This is a live report from the Human Body Olympics! Up next the Puberty events! Stay tuned to find out which hormone is favoured to win gold!"

As a reporter, you've been selected to cover the Human Body Olympics. Before you get started, find out about the role of hormones in causing the changes of puberty. Then select one hormone that you feel deserves to win the gold medal for contributing the most to the body's development.

Explain why you think this hormone should win the gold.



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