



Special Learning

SOCIAL STORY PREVIEW

Why is my Body Changing? Puberty for Girls

Two story pages from the current book.

A trusted adult

Trusted adult: someone who listens to me, believes me, and does not tell me to keep it secret. If the person who hurt me is the one I usually go to, I can tell someone else instead.

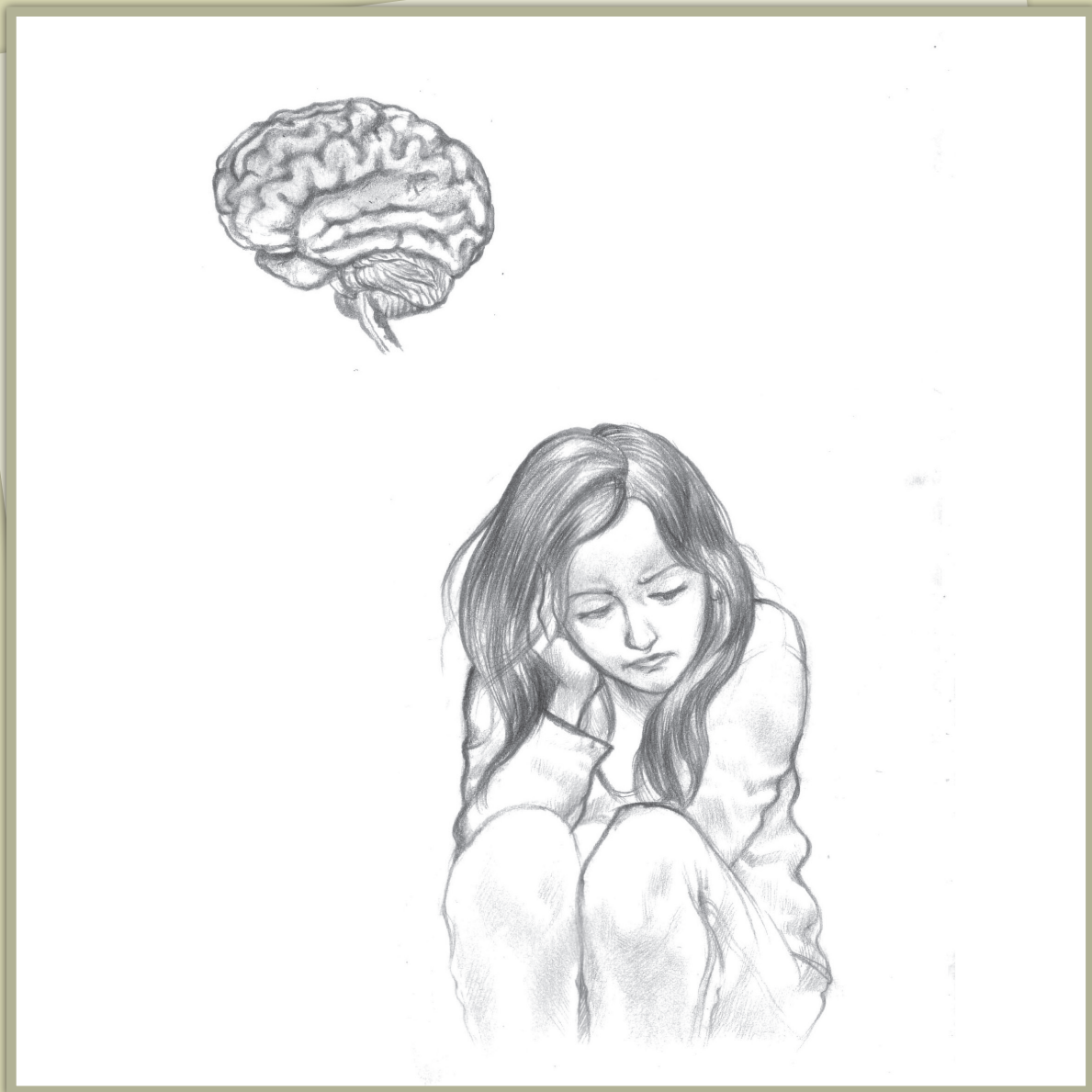
Sample excerpt. The complete resource is available separately.

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As I grow up, my body goes through changes. When I become a teenager, I will go through a time of change called **puberty**. There are many changes that happen in my body when I go through puberty. These changes may be **emotional**, **physical** and **mental**. Puberty ends when my body finishes the changes that need to happen for me to become an adult.





During **puberty**, my body and brain begin to change. I may experience lots of **emotional** and **mental** changes. I may feel lonely and sad during this time. I may feel angry or have stronger feelings than normal. This is okay. I can talk to someone close to me, such as my mom, dad, teacher, or caregiver, about how I am feeling.