

Developing a healthy, safer lifestyle

STAGES OF LIFE: YEAR 5

ADOLESCENCE

STICKY KNOWLEDGE

Adolescence is the time between being a child and full adult.

During this time, children go through some physical changes:

- body hair grows and, for boys, facial hair grows too.
- body shapes change
- body odour may develop
- voice deepens (for boys)
- breasts grow (for girls)
- periods commence (for girls)

During this time, children go through emotional changes too:

- you may experience mood swings and extreme feelings
- you can become more sensitive to things that would not usually bother you
- you may become more self-conscious