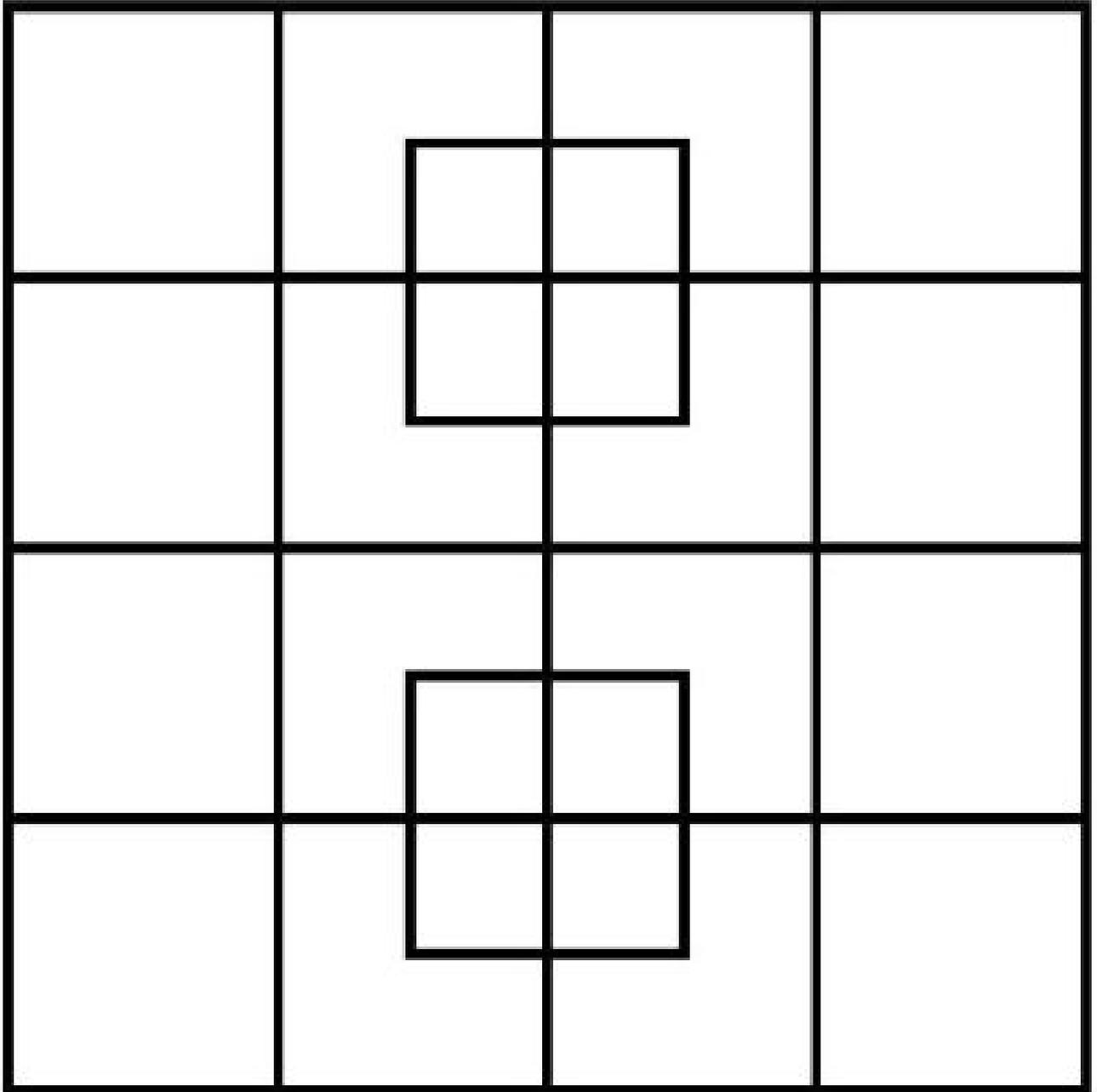


HOW MANY SQUARES?



I found _____ squares.

True or False

1. An adolescent is someone going through puberty.
2. Both genders experience a growth spurt as a physical change.
3. Getting pimples is a social change that happens during adolescence.
4. Hormones are chemical substances regulating body functions.
5. Mood swings are a mental change that happens during puberty.
6. Broader shoulders is a physical change that girls go through.
7. Puberty typically occurs first for girls.
8. An example of physical growth during puberty is choosing to spend more time with friends before family.
9. The physical, mental and social changes you go through during puberty are preparing you to become an adult.
10. Some signs of depression include sadness and sleeping

From the
reading,
identify:

✓ 2 Physical
Changes

✓ 1 Mental
Change

Hi, I'm Taylor and I'd like to tell you about what's happening to me. It seems that every day brings a new change. It's almost like I'm getting a new body! They tell me I'm going through puberty.

One thing that's happening is this new hair that's growing in places it's never been before, like under my arms. I know this is normal and all, but it still takes getting used to. I don't mind some of the changes I'm seeing. In fact, some things I even like. I'm taller than I was last year. I know I'm smarter just because I'm able to think and write about what I'm going through now.

But then, there are some changes that aren't so good, like B.O. (body odor). The first time I noticed it, I thought I had some kind of infection or something. Now I realize it's not too bad if I wash and use deodorant. A really dirty trick, though, is acne. I remember I was getting ready to go to a dance, washing up, when I looked in the mirror and saw this big zit staring back at me. I held hot washcloths on it for a long time. It went down a little bit, but not the whole way. I went to the dance anyway, and noticed that many other kids had the same or worse luck with their zits. Now I see how common this is.

There's one thing I get a little embarrassed about. It's even hard for me to say this. When I was at the party the other night, I was with someone I like (and I'm not mentioning any names). I got this new feeling of attraction. It was strange but kind of nice. They tell me it's normal. Is it? They tell me I'm going through puberty. That means I have to go to school with my zits and my B.O. But, I'm taller and smarter, and I know I'll survive.