

CHANGING ME

Jigsaw Jez's Journey

How can I cope positively with change?

perception
self-esteem
mental wellbeing
media influencer



I will learn about...

- my self-image and self-esteem
- how girls' bodies change at puberty
- how boys' bodies change at puberty
- becoming a teenager
- moving to my next class
- planning for next year

I will explore...

- my feelings about change
- how I feel about the changes happening to my body
- ways to manage my questions, ideas and worries about puberty
- how to cope with the changes that growing up brings
- feeling positive about becoming a teenager
- feeling ready for new responsibilities as I grow up
- feeling positive about growing up
- managing feelings about the future

puberty
teenager
hormones
testosterone
oestrogen
menstruation

ovaries
vagina
vulva
womb/uterus
semen
consent

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Who could you talk to if you had worries about change and why?

My Thinking Pad

What have I learnt in this puzzle that helps me to cope positively with change?

One thing I have learned about my body or growing up is...

If I feel worried about change, I can...

Puberty can be different for different people because...

What have you learned about self-image or puberty that will help you as you grow up?

What is one change you are looking forward to? How might you could cope with the new changes?

Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

