

CHANGING ME

Jigsaw Jaz's Journey

How can I cope positively with change?



personality
unique characteristics
hobbies
interests
skills

choices
change

I will learn about...

- what makes up my unique identity and interests, and how these develop as I grow up
- how a girl's body changes and that periods are a natural part of this
- different types of family and my inner circle
- trusted people who can support me through puberty
- how the circle of change works
- changes outside of my control and how I can accept them
- what I am looking forward to in my next class and changes I would like to make

I will explore...

- ways to cope with physical and emotional changes at puberty
- how I might feel about growing up and who can support me
- feeling confident to make positive changes
- worries about change and how to manage them
- how to express my feelings about change, including any fears or concerns

self-respect
proud
values
acceptance

anxiety
love
reassurance

family
belonging
trusted adult

puberty
menstrual cycle
periods
hormone