

My Personal Puberty Plan

During puberty, I might face these physical challenges:

- _____

- _____

- _____

During puberty, I might face these emotional challenges:

- _____

- _____

- _____

I can take good care of myself by doing these things:

- _____

- _____

- _____

I know I can talk to these people if I have questions:

- _____

- _____

- _____
