

# YOUNGMINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and advice

## DITCH THE LABEL

YOUR WORLD, PREJUDICE FREE.

Provides lots of information

Advice and support forums

# THE MIX

Provides free 24/7 support

Call for free

Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

### People

Safe relationships,  
Good people are you.

### Purpose

A purpose in life,  
A great education built for you.

### Place

A good place to live,  
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy  
Kilhams Way  
King's Lynn  
Norfolk  
PE30 2HU

01553 887330



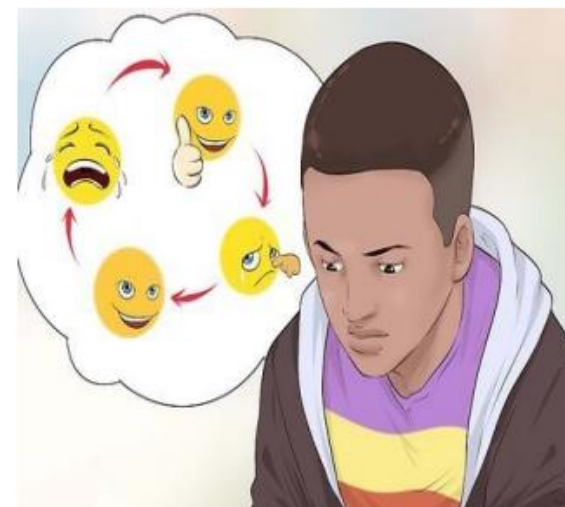
# The Fen Rivers Academy

Part of the Catch22  
Multi Academies Trust

'Every interaction a conscious intervention'



## Puberty



## All about puberty

Puberty is the name given for when a child's body starts to develop and change.

Everybody goes through puberty but this may be at different ages.

Puberty begins from the ages 8-14 and the process of puberty can take up to 4 years.

Puberty can also affect your emotions and therefore puberty can be a stressful and worrying time for some.

## Does puberty change anything other than our bodies?

As well as your body changing, there are other things that may happen during puberty.

-You may start having crushes and finding people attractive

-You may compare yourself to others but, remember nobody is the same

-You may start having mood swings where you go from feeling happy to grumpy, sad to angry.

-Both boys and girls may start to masturbate and it is completely normal. (know when it is okay to masturbate—in private perhaps in your bedroom or in the bath or shower.

## What happens to our bodies during puberty?

### Boys

- Start to sweat more
- Underarm hair starts to grow, pubic hair, and facial hair develop
- Voice 'breaks' and gets deeper
- May have 'wet dreams' (involuntary ejaculation in your sleep)
- Acne develops (a skin condition that shows up as spots)
- Become taller, shoulders widen

### Girls

- A girl will have her first period
- Start to sweat more
- Acne develops
- Growth spurt and gain weight
- Underarm hair grows
- Breasts continue to grow

### It can help to talk

Puberty can at times make you feel self-conscious—it can affect your self-esteem and cause low moods or worries.

There may be questions you want to ask or something you are worried about? Speak to an adult you trust.

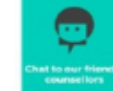
## What other support is there?

Remember it takes courage to ask for help but you deserve that help and support

There is lots of support out there for you

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They will chat to you online using a live chat facility or you can send them a message

# childline

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Your Organisation

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