

P IS FOR PUBERTY

A Guide to Navigating Puberty Changes

Developed by the Responsible Sex Education Institute
at Planned Parenthood of the Rocky Mountains



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EMOTIONAL CHANGES

These are changes that have to do with your emotions and how you feel.



It's normal for your mood to change a lot

Hormones released during puberty can cause changes in moods and emotions. For example, you might go from feeling happy to sad to angry for no reason at all. For some, talking with a trusted adult can help them work through their changing emotions. Other people may prefer journaling or connecting with friends. Either way, it's important to know that it's normal for young people to struggle with their mood and emotions during puberty.

It can be harder to make decisions

It is common for people going through puberty to struggle with making decisions. First, frequent mood changes & feeling emotions more intensely can make it difficult to use the processing and thinking part of your brain. It's not your fault - it's science! Many people also start to consider what values (and whose opinions) are most important to them during puberty. All of this can make it tough to know what the right choice is. Talking with people you trust can help you figure it out, and it is also normal and okay to make mistakes!

SOCIAL CHANGES

These are changes that have to do with how you respond to the world around you.



Peer pressure may increase

During puberty, friends and peers start to play a more important role in our lives. The pressure to “fit in” can also really increase during this time.

You may want to spend more time with friends

For many people, a big social change during puberty is the desire to spend more time with your friends and less time with your family. Some families might give their child control over their free time all of a sudden, while other families may go more slowly. Every family is different and has different values and concerns.

You may start to develop more empathy for others

During puberty, it is common to start looking outside of yourself more. With this, your concern for your community can grow. Young people often get put down in the media for being on your phones too much, but in reality, you are often the ones creating the most change in your communities.