



# Introduction Puberty

## Puberty = Change

Puberty - a funny sounding word isn't it? And, we talked about it a lot today. Here's a review of some of the details we discussed, so you can talk them over with your mom or dad.

Through the next few years, you will be changing...a lot! Look at an eighth grade person you know and think of how different they are from you. You will be going through those same types of changes too.

To understand what is happening and why, it is important to take some time to think about this exciting time in your life. Exciting? Well, you may not always think so, but it really is.

There are some things that you may have already noticed that are changing, or things yet to expect. Whether or not you feel you are one of the first kids in your class to experience these changes, or if you think you'll be one of the last...you will see these changes over the next few years. These changes are part of puberty and work exactly the way God designed them to work. It is perfectly normal and natural.



When will this change happen? Each one of us has our own personal alarm clock in our brain, called the pituitary gland that is pre-set for when you will go through puberty. This gland begins to produce chemical substances called hormones that travel into the blood stream.



These hormones trigger the physical changes of puberty. There is nothing we can do to turn your clock forward or backward. God knows when it is the right time for you to go through puberty and He will help you through the several (4 to 6) years that it takes.

Can you imagine how hard it would be if puberty happened all in one

night? The next morning you wouldn't fit into your clothes, your desk at school, and you would even have a hard time with your friends.

God is giving you these years to experience these miraculous changes. It is important, especially during this time that you treat other people with respect and kindness, regardless of your or their rate of growth.

The changes you will experience are emotional, physical, spiritual and relational. All are connected together. Just like when you set up dominoes next to each other in a cool pattern and you push one down and the rest fall, all these are linked together.

So, are you ready???

