

# Emotional Changes Boys and Girls

## Many things will change...

Many things will change that you can't see. But, remember that eighth grader you know? Think about his/her attitude and emotions. Some things are different on the outside and some things are different in the way he/she acts? That will happen to you too.

Here are some of those changes you can expect:



## Modesty

Does your mom or dad have a cute picture of you when you were one or two years old sitting in the bathtub? If they do, I bet you were not embarrassed at all when the picture was taken, but if they would open your bedroom door while you are changing clothes today, you might not like it, right? Now is a time when you don't want others to see where your bathing suit covers. And, if you share a room with your brother or sister, you may want to arrange private time to change your clothes.



**Independence** - Do you like to do things on your own? You have been working at being independent since you were born. As you grow older, you do more and more on your own. Yet, there are some things you are not quite ready for, like driving a car. Guided by our parents, we grow into more and more independence.

**Being Alone** - Are there times when you would rather be off by yourself? As you mature, there are times when you will want to be with others and times you prefer to be alone. It is the alone times where you can collect your thoughts and be refreshed. You need those times - free of distractions, like TVs, phones or computers. That is why having a TV, telephone or computer in your bedroom is not a good idea. You are part of a family and need to learn to compromise on the use of the remote, the phone and computer time. Spending a few quiet moments in prayer is also a good way to put things in proper order.

**Responsibility** - How many times have you heard that word, especially from parents and teachers? As you mature, it is

**Acceptance** - Have you ever felt left out of an activity or group? It doesn't feel very good, does it? All of us, kids and adults alike, want



important that you take responsibility for the things we say and do and the things we don't say and do. How you treat others, how you show respect for your body, the books you read and TV programs you watch all say something about yourself. Jesus wants you to take responsibility for your actions. When making a decision ask - What Would Jesus Do?

**Awkward** - Do you ever look at the mirror or try on clothes and wonder why your body is shaped that way? As you begin to go through your growth spurt, it may feel like your arms are too long, your feet are too big, or your ears don't fit your face. You may trip more, or walk funny or be self-conscious about your looks. Don't worry, in time your body will catch up and all the parts will feel like they fit together again.

other people to think we are cool, smart, and good at things we do. When you are part of the group, you feel like you belong. When you are left out, you feel like people don't like you and that hurts. It is important as a Christian to reach out to all people and treat them as Christ.

**Mood Swings** - How often do you feel happy one minute and sad the next and maybe not understand why? Mood swings happen to all of us and we all have a different way of dealing with them. Some of you may go to your bedroom and hide out for a while, some may stomp up the stairs, while others get angry at everyone over little things. When this is happening to you, the best thing to do is to sit quietly for a minute, and think about what's wrong. Did you overhear someone say something about you that hurt your feelings? Do you feel dumb because you are the only one in class that didn't understand last night's math assignment? Are you frustrated because you have to do something you don't want to do? It can be lots of different things, but by taking time to discover why you feel sad, it can help you learn more about yourself and what is important to you. It also makes it easier to pick yourself up and enjoy the rest of the day.

What changes in emotions or attitudes have you already noticed?

What changes in emotions are you most concerned about?

What changes in emotions are you looking forward to?



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