

Think and Write

1. What are your biggest concerns or questions about puberty? Who do you trust that you could talk to about changes in your body? *(Psssst! Remember, your parents or trusted family members are usually the best people to talk to because they know you best!)*

2. What is one thing you could do to improve your hygiene habits? *(Like, If you always forget to brush your teeth at night, what could you do to remember?)*

3. Since your brain is still maturing, what is one thing you could try to do each day, to help develop your brain? *(Video games don't count.)*
