SCENARIO Today we will talk about change. Changes constantly occur in our lives, affecting virtually every aspect. Some are enormous, very important to us, or quite challenging. Every day, there are small changes, sometimes imperceptible at first glance. Some are rapid, while others, like the maturation of your body, take several years. Puberty is a transitional stage in your life during which your body prepares for adulthood.

During puberty, your body undergoes significant changes, which you may feel because you need more sleep. This happens because your circadian rhythm changes, and that's why many teenagers prefer to go to bed very late, for example, close to midnight, and sleep until at least 10 in the morning. You may also feel hungrier more often - no wonder, as your body is working at an accelerated pace, so it consumes more energy. It also happens that the body gets tired from these changes, so your immunity may decrease, and you may get sick more often. It sounds serious, but it's a natural stage in everyone's life.

Today's lesson aims to familiarize you with the topic of puberty and the changes that occur during this process. It's important to be prepared for any change in life; often, it turns out to be a demanding process but also very necessary and entirely natural. Let's start with what you can expect in this process, which usually occurs between the ages of 9 and 14, earlier in girls than in boys. There are many common features that apply to both boys and girls in terms of changes in the body during puberty. Among them:

* Increased sweating and body odor
* Hair becomes greasier faster
* Growth accelerates, bones grow intensively
* Body shape changes (which occurs differently in girls and boys)
* Hair appears, first in the pubic area and then throughout the body to varying degrees
* Voice changes, much less noticeably in girls than in boys - the change in their voice tone is called mutation.

Look at the infographic. It illustrates the differences in puberty between boys and girls.

In boys:

* the penis grows
* the foreskin can be fully retracted if it was not possible before
* the scrotum changes color, becomes loose, and lowers
* sometimes, the breasts may become larger, which is a transitional stage
* breast nipples change appearance
* the body changes its shape - shoulders and chest expand

In girls:

* labia majora enlarge and may change color
* vaginal discharge appears
* breasts begin to grow, usually one earlier and then the other later
* the body changes its shape - hips, thighs, buttocks, and breasts round out because more fatty tissue appears in these areas

Do you know why girls' breasts enlarge? Although breasts grow in both boys and girls, the growth in boys is very slight compared to girls. In girls, the development of mammary glands occurs, which prepare a woman for breastfeeding if she decides to become a mother in the future and wants to feed her child breast milk.

Puberty is not only about physical changes in a teenager's body but also about very intense emotional experiences. You may often have a variable mood or get very easily irritated. It's very important to know that all of this is natural, so you could say it's "normal." If you have to deal with very difficult emotions, remember that it's always worth seeking support from your closest family and trusted friends. If you allow yourself to honestly express your worries, many situations will turn out to be quite easy to deal with.

And now, I invite you to practice. Earlier, I mentioned that during puberty, we often find it very difficult because there are moments when we intensely experience difficult emotions like anger, irritation, or shame. Today, you will practice supporting each other in difficult moments. It's important to learn to listen and to share difficult experiences. A human being is a creature designed to live in contact with other people, and that's why it's so important how we talk to each other. Puberty is a moment in life when we especially need the support of people close to us. In the attachment with the task, you will find a conversation template that you can use, but you don't have to. If you are participating in the lesson alone, practice both roles - both the storyteller and the listener. However, I recommend doing this task with someone close to you. Good luck.

Discussion And now, when you have completed the task, try to answer the following questions: • Was the exercise easy or difficult for you? • What do you think about this way of communicating with other people? • Did anything surprise you during the task?

Conclusion and Homework Puberty is a very broad topic, and today's lesson is an introduction to it. It's important to remember that the process of puberty will be a challenge for you, but if you try to accept this experience and ask for support in difficult moments, it can be a beautiful time in your life. So, keep your head up!

And if you want to expand your knowledge on this topic, I have a few reading suggestions and interesting materials available online:

* Animated film from the series "Once Upon a Time... Life" - search online for an episode about hormones
* "Your Body-Positive Puberty" - book
* "Changing: What's Happening to Me?" - book
* "Kacper Grows Up" - book about boys' puberty
* "Maja Grows Up" - book about girls' puberty

You can visit your local library and look for these books in the youth section.