

# Dealing With Growing Pains

The ups and downs of puberty can seem like a roller-coaster ride, only it's not always fun. Want some help? Read the following comments, and answer the questions that follow them.



1

Was the idea of entering puberty and moving toward adulthood

**EXCITING, SCARY, or BOTH?**

What was most traumatic for you about entering puberty?

*"Puberty is not fun for girls....  
It's confusing—pretty much  
everything about it seems bad!"  
—Oksana.*



2

Did you experience mood swings when you entered puberty? If so, what were they like?

What steps can you take to control your emotions?

*"I was happy one minute, then  
sad the next. I don't know if  
that's normal for guys, but it  
happened to me."—Brian.*

3

How did puberty affect your body image?

How would you describe a balanced view of body image?

*"When I started growing, I would purposely slouch and wear big shirts. Even though I knew why my body was changing, I was so uncomfortable and embarrassed. It felt unnatural."—Janice.*



4

How did puberty affect your view of the opposite sex?

*"I stopped thinking that all boys were annoying. Now some were actually attractive, and the idea of falling in love wasn't such a bad thing after all. In fact, 'who likes whom' became a popular topic of conversation."—Alexis.*

The Bible says: "Flee from sexual immorality!" (1 Corinthians 6:18) Why is that commandment wise, and how can you strengthen your determination to live by it?



5

Awkward as it might be, why is it good to confide in your parents (or another trusted adult) about the challenges you face during puberty?—**Read Proverbs 17:17.**

*"I was a person who bottled up my feelings. I wish I had been more confident about talking to my parents. I probably would have enjoyed my teen years a lot more if I had."—Jeremy.*


Which adult in your life would you feel most comfortable confiding in?

6

How have your parents helped you so far to cope with the changes of puberty?

What more do you wish your parents would do for you?

*"Puberty was an awkward stage for me, and it could have been a lot worse without my parents' help. My mom told me that she would always be there for me and that I could always just ask for help."  
—Karina.*



*"I would tell someone who is just entering puberty that it might seem like a big deal right now. But puberty is very short compared to your whole life. It's what turns you into the adult that you are going to become."—David.*

7

What advice would you give to someone who is just entering puberty?



## Ask Your Parents

Believe it or not, at one time your parents went through the very changes that you are experiencing right now. What two questions would you like to ask them about how they coped with puberty?

Write down the questions. Cut out the box. Show it to your parents.

1

2

