

# Why Do I Feel This Way?

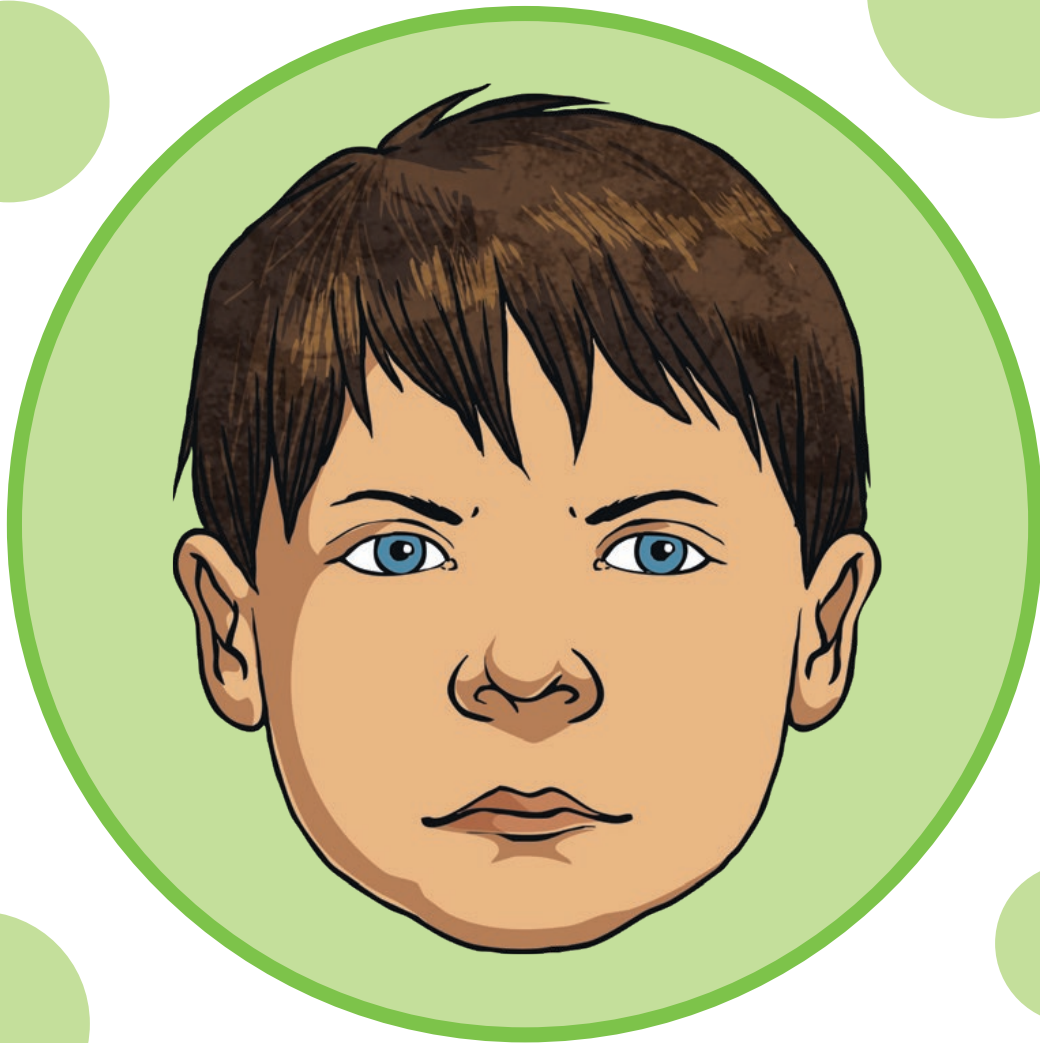
A Social Situation to Explain the Emotional Changes of Puberty.



Sometimes I feel angry and I don't know why.

Sometimes I feel sad and I don't know why.

Sometimes I feel confused and I don't know why.



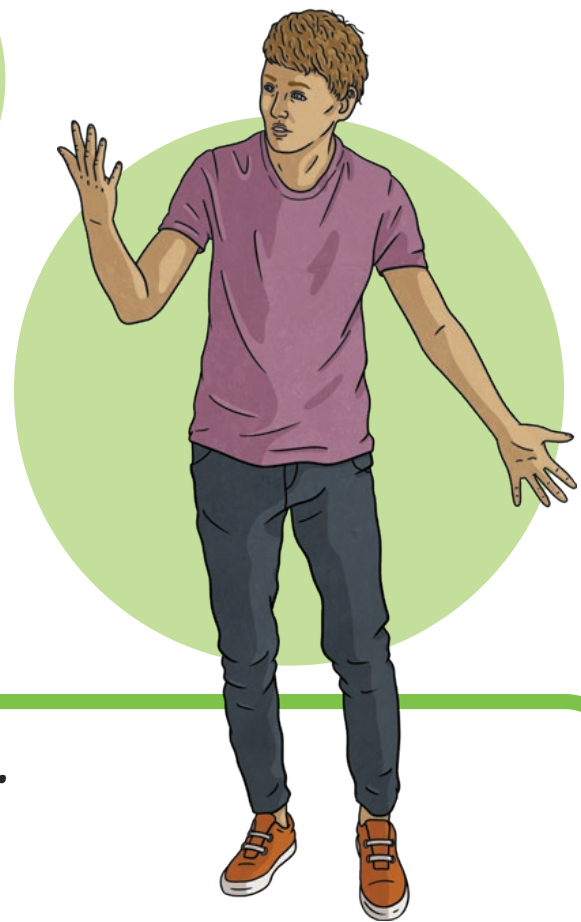
Sometimes I feel jealous or I feel scared.

These feelings come out quickly and they feel very, very strong.

**My body is changing. I am growing more every day.**

**I am growing hairs on my face and my private parts.**

**My arms and legs are growing longer.**



**My voice is getting deeper.**

**My body is different.**

**My body's hormones are making all these changes.**

**All these changes are affecting my emotions.**

It's okay for me to feel angry, jealous or sad.

It's okay for me to feel confused about my feelings.



Everybody feels like this sometimes.

My body is changing and all these changes are affecting my emotions.

When I feel angry, I can ask to take a break or I can talk to people I trust.

When I feel sad, I can ask my friends or my family for a hug.



When I feel confused, it's good to talk about it.

When I feel jealous or scared, it's good to talk about it.



**My body is changing and that can give me big, strong feelings.**

**It's okay to feel these feelings.**



**I can always talk to my friends or my family about my feelings.**

**It's good to talk about my feelings.**