

Always Changing & Growing Up

Activity Sheet 1

Introducing Terry

Hi! I'm Terry. Do you ever feel like I do? Like your whole body's changing. It seems every day brings a new change.

One of the things I notice is that none of my clothes seem to fit for very long. My jeans are too short (or my legs are too long). My T-shirts are too tight. Even my feet seem to grow a size every six months. I kind of like getting bigger though. My parents say I'll be taller than they are.

I'm not sure how I feel about some of the changes. For example, I have hair in places I've never had hair in before. And there's someone in my class that I really like. Whenever we're close, I get kind of nervous, and then I start to blush.

Some of the changes are just embarrassing. I worry about body odour, even though I shower and use deodorant everyday. And then, there's the subject of pimples. Well, we all know about them. Just when you're getting ready to go to school in the morning, a pimple appears, and it makes me feel uncomfortable.

Sometimes I wonder what will happen next. I realize I'm becoming an adult, and I do feel more grown up than I did two years ago. I'm kind of scared but also I know that these feelings are a natural part of growing up.

Make a list of some of the changes that occur during puberty. Organize the changes in a chart like this:

Changes During Puberty	Could only happen to those with female sex organs	Could only happen to those with male sex organs	Could happen to those with female and male sex organs
Example: Grow taller			✓

Complete the following sentence starters:

The things I like about being me... _____

I notice that... _____

I think a lot about... _____

Sometimes, I feel like I'm the only one who... _____

I look forward to... _____

I think puberty is... _____

OPTIONAL ACTIVITY

Write out some of your completed sentence starters on mural paper to create a graffiti board about puberty.

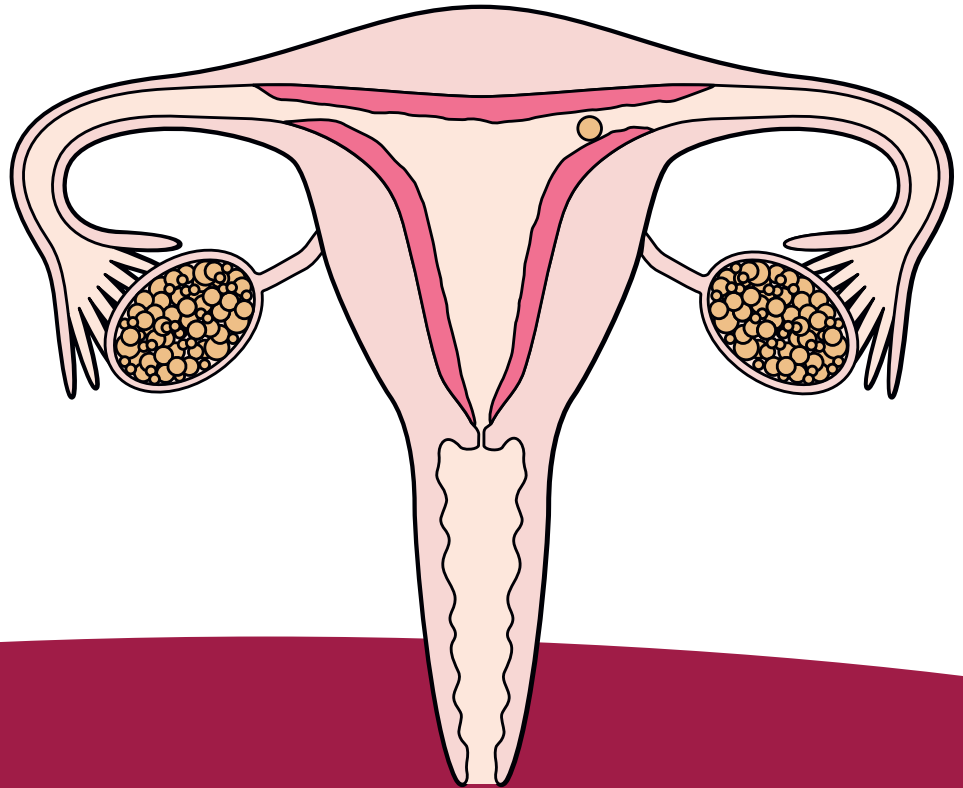
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Activity Sheet 2

Facts about the female sex organs

Use the words below to label the diagram.
Then write each word next to its definition.

- 1 Fallopian Tubes
- 2 Ovary
- 3 Uterus
- 4 Cervix
- 5 Vagina
- 6 Endometrium



Definitions

- _____ The lower part of the uterus that has a small opening into the vagina
- _____ The two tubes which link the ovaries and uterus
- _____ Two glands on either side of the uterus that release sex hormones, estrogen and progesterone, and ova (eggs)
- _____ The hollow muscular organ that holds and nourishes the fetus
- _____ The passageway of muscles that joins the uterus to the outside of the body
- _____ The thick soft lining that grows on the inside of the uterus each month

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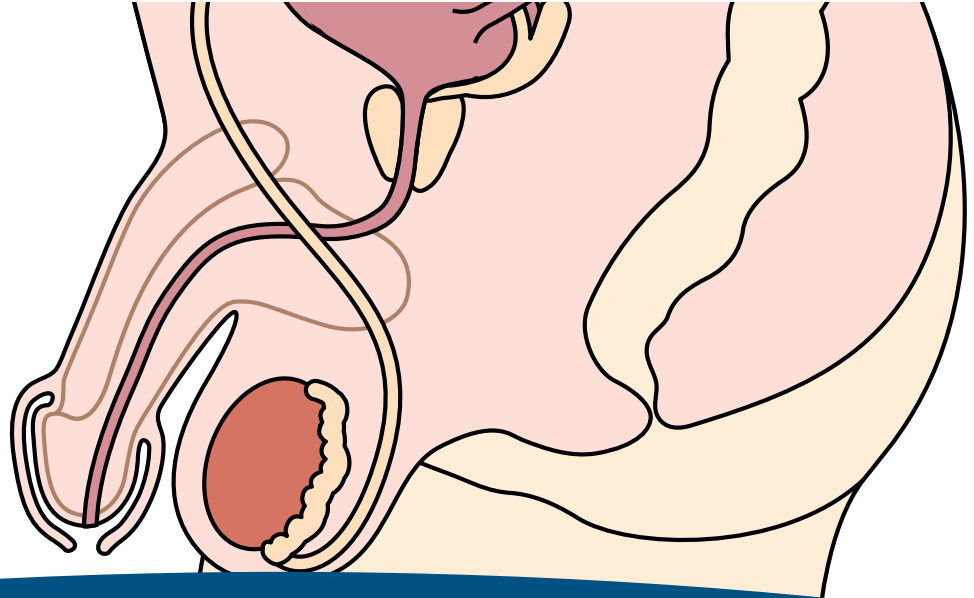


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Facts about male sex organs

Use the words below to label the diagram.
Then write each word next to its definition.

- 1 Foreskin
- 2 Penis
- 3 Urethra
- 4 Scrotum
- 5 Seminal Vesicles
- 6 Prostate Gland
- 7 Testicles
- 8 Bladder
- 9 Vas Deferens



Definitions

- _____ Sac of skin that holds the testicles just underneath the penis
- _____ Two glands on either side of bladder that secrete seminal fluid
- _____ Two oval shaped organs contained in the scrotum, which produce the hormone testosterone and sperm (also called the testes)
- _____ The tube-like sex organ which hangs outside of the body
- _____ A gland near the bladder that adds fluid to semen
- _____ The tube that at different times carries urine and semen out of the body
- _____ The thin long tubes through which sperm travel from the testicles, and where sperm are mixed with other fluid to make semen
- _____ A sac inside the abdomen that holds urine
- _____ The skin around the head of an uncircumcised penis

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Activity Sheet 4

Hidden Changes

A lot of changes that occur during puberty are hidden – they happen inside your body, or you can't see them because they have to do with how your body is developing or feeling. See if you can find the following words – they all have to do with hidden changes.

Active

Blues

Body

Cervix

Cramps

Craving

Cycle

Diet

Energy

Feelings

Happy

Glands

Hormone

Menstruation

Ovary

Period

Pimples

Pituitary

Sperm

Stress

Sweat

Testes

Uterus

Vagina



Myths and Facts About Personal Care

1. Skin Care

- a. A daily skin-care plan can help control pimples.
- b. Stress can contribute to skin problems.
- c. A lot of sun is good for acne.
- d. Chocolate and greasy foods cause pimples.
- e. Scrubbing your face helps eliminate blemishes.
- f. Some people can get pimples by frequently resting their face in their hands.

True **False**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2. Dental Care

- a. Daily flossing removes food between teeth that can cause bad breath.
- b. Gums that are red, swollen and bleed are healthy.
- c. Tobacco and caffeinated drinks do not stain teeth.
- d. Fluoride toothpaste helps to prevent tooth decay.

_____	_____
_____	_____
_____	_____
_____	_____

3. Staying Fresh and Dry

- a. Deodorants reduce the amount of odour causing sweat.
- b. Antiperspirants and deodorants work best on clean skin.
- c. Daily washing or bathing helps reduce the bacteria that can lead to odour.
- d. Eccrine glands produce perspiration that can lead to odour.
- e. Sweat serves no useful function to the body.
- f. The apocrine glands become active during puberty.
- g. Drinking water reduces the concentration of perspiration.
- h. There are 24 eccrine glands in the body.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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Activity Sheet 6

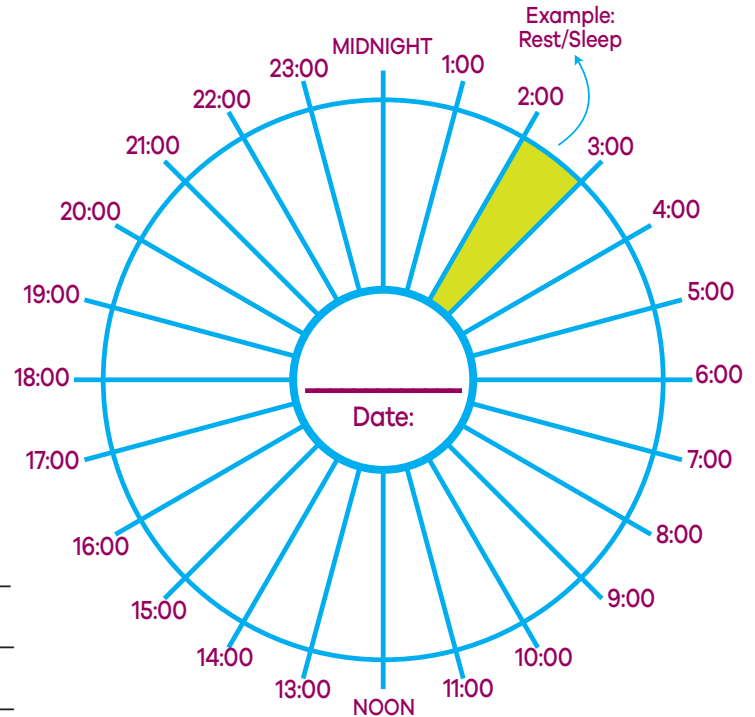
Taking Care of Yourself

Healthy habits can help you manage the physical and emotional changes that accompany puberty. Your body is growing rapidly, and you may have increased needs for exercise, sleep and nutrition. On the 24-hour clock to the right, keep track of how you care for yourself based on an average day.

Use a different colour to show:

- Rest/Sleep
- Physical Activity
- Meals/Snacks (specify)
- Other (specify)

Notes: _____



Personal Care Profile

I get _____ hours of sleep a night (on average).

I spend _____ hours a week being physically active (on average).

My favourite forms of activity are: _____

My favourite healthy foods are: _____

- In small groups, research the nutritional, physical activity and rest needs of teenagers. Compare these findings with your own health habits. In what areas could you improve? Need ideas? Check out the Canadian 24-Hour Movement Guidelines and Canada's Food Guide online.
- Prepare an information book called "Know Your Body." In it, you might include a diagram of the external and internal reproductive systems, an explanation of the menstrual cycle, and a glossary of terms associated with the body.

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Activity Sheet 7

Scrambled Words

Here's a fun way to remember important facts about health and hygiene.

Read the clue on the right, then unscramble the letters on the left and write your answer in the blank space.

Unscramble the circled letters, and complete the sentence at the bottom of the page.

1 R I O N T N T I U _____ You get this from the nutrients in food.

2 C (E) X I S E R E _____ A way to improve your strength and coordination.

3 P O O M S (H) A _____ You wash your hair with this.

4 O O E D (N) A R T D _____ Use this under your arms.

5 A L (G) S N D _____ These produce sweat and oil.

6 C N A E _____ Hormones cause this

7 T R (I) D _____ When this blocks pores, skin breaks out.

8 (E) U R T O P S _____ This is good when you are standing or sitting up straight.

9 (Y) C I V T A _____ This can happen if you don't take good care of your teeth.

Puberty is the perfect time to start practicing good _____.

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Activity Sheet 8

A Changing You

Name: _____

Things I Did Well Then:

(i.e. draw, swim)

Favourite Things I Did In Grade 1:

People Important To Me Then:

(i.e. friends, parents)

Did You Know... that there are three times in your life when you grow rapidly? Can you guess what they are?

1. _____

2. _____

3. _____

Things I Do Well Now:

(i.e. basketball, sing, cook)

One Thing I Am Proud Of:

My Interests:

Someone Important To Me Now:

(i.e. parent, teacher, friend)

Things I Want To Work On:

(i.e. a new skill)

Things I Like Best About Myself:

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Pre & Post Test Answers

Pre-Test

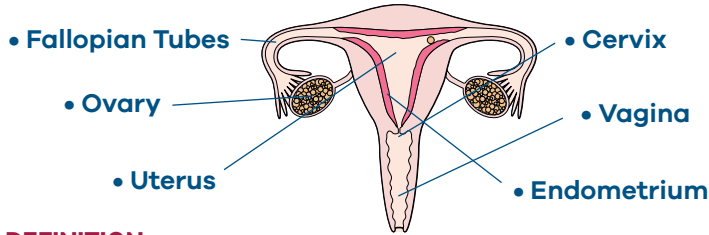
- 1. True**—Puberty is not just a physical process. Hormones can cause mood changes or mood swings, where you may feel happy one moment and sad or angry the next.
- 2. False**—At some point some people may choose to start shaving the hair on their face. It depends on how soon their facial hair appears and how thick it becomes, as well as their personal preference.
- 3. False**—Sweat helps the body regulate its temperature.
- 4. True**—Puberty for those with female sex organs usually starts between the ages of 8 and 13 and lasts for a few years. For those with male sex organs, puberty usually begins between the ages of 10 and 17, and lasts for a few years.
- 5. False**—Puberty changes won't suddenly happen overnight. Some happen quickly, but others take place slowly over a few years.
- 6. False**—Having a period is natural and healthy. It doesn't have to stop you from doing the things you usually do.
- 7. False**—When you first start to have your period, they may not be very regular. Your body will take a while to settle down into a regular cycle, which might take 2-3 years.
- 8. False**—No one will notice your period unless you tell them.
- 9. True**—During puberty, those with female sex organs will develop breasts, they will get their periods for the first time and grow hair under their arms and in their pubic area.
- 10. True**—During puberty, those with male sex organs grow taller and more muscular, their voices deepen, their penis and testicles grow larger and they also grow facial and body hair.

Post-Test

- 1. True**—A growth spurt means you may grow several inches at once.
- 2. True**—Exercising during your period may help with cramps.
- 3. True**—You may experience sudden changes in feelings during puberty. Mood changes are partly caused by the increasing amount of hormones in the body.
- 4. True**—The eccrine glands are all over the body and the perspiration they secrete is clear and odourless. The apocrine glands are mostly under the arms and in the genital area.
- 5. True**—During puberty you need energy, and you get energy from the food you eat. It is very important to make sure you eat a healthy well-balanced diet.
- 6. False**—On average, you lose about 4-12 teaspoons of menstrual fluid during your period, but only a small amount of it is blood.
- 7. True**—As you grow you have more responsibilities and are expected to make lots of decisions. **IDEAL** (Identify, Describe, Evaluate, Act, Learn) provides a structure for teens to solve problems.
- 8. Estrogen is:**
c. the primary hormone in those with female sex organs
- 9. Testosterone is:**
c. the primary hormone in those with male sex organs
- 10. Sperm are made in:**
d. testicles

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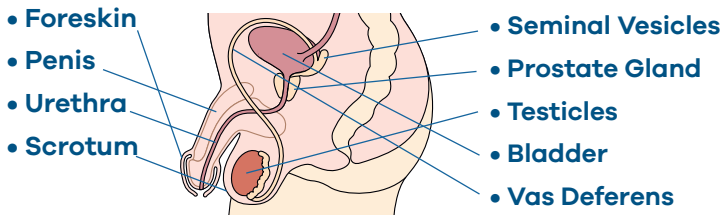
Facts about female sex organs



DEFINITION:

1. Cervix 2. Fallopian Tubes 3. Ovary 4. Uterus 5. Vagina 6. Endometrium

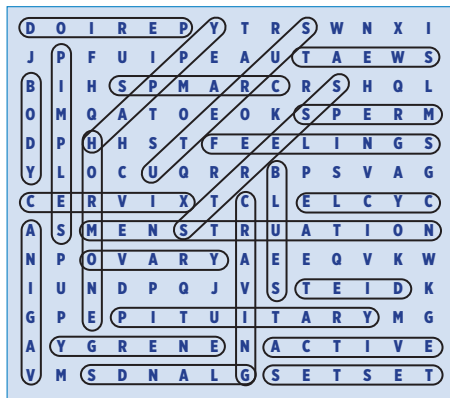
Facts about male sex organs



DEFINITION:

1. Scrotum 2. Seminal Vesicles 3. Testicles 4. Penis 5. Prostate Gland 6. Urethra 7. Vas Deferens 8. Bladder 9. Foreskin

Hidden changes



Scrambled words

1. NUTRITION 2. EXERCISE 3. FAD DIET 4. SHAMPOO 5. DEODORANT 6. GLANDS 7. ACNE 8. DIRT 9. POSTURE 10. CAVITY

Puberty is the perfect time to start practicing good **HYGIENE**.

Activity Sheet Answers

Activity Sheet 2

Myths and facts about personal care

1. Skin Care

- a. True**—To help get rid of everyday dirt and oil, wash face gently, twice a day, with soap or cleansers, which can be medicated or non-medicated.
- b. True**—Stress can contribute to skin problems. Although it does not cause pimples, it may make them worse.
- c. False**—The sun can actually aggravate acne. The sun also speeds aging of skin and can cause skin cancer.
- d. False**—It is now believed that diet

is not a cause of acne. However, a well-balanced diet is very important for overall health and well-being.

- e. False**—Although daily cleansing may be beneficial in preventing pimples, hard scrubbing can actually aggravate acne. Harsh soaps or other products can also make skin problems worse and lead to dry, flaking skin.
- f. True**—Some people can get pimples by frequently resting their face in their hands.

2. Dental Care

- a. True**—Clean between teeth with dental floss to remove food stuck between teeth. Use mouthwash to provide additional help in controlling bad breath.
- b. False**—Healthy gums should be pale pink, but may vary from person-to-person.
- c. False**—Tobacco and caffeinated drinks can stain teeth. Visit a

dentist at least twice a year for a check-up and professional cleaning to remove plaque from below the gums, even if they have been brushed regularly.

- d. True**—Brush teeth and tongue at least twice a day with a fluoride toothpaste to help prevent tooth decay.

3. Staying Fresh and Dry

- a. False**—Deodorants are perfumes which mainly help to mask or cover up body odour. Antiperspirants help stop body odour from developing by reducing underarm wetness.
- b. True**—The best way to achieve maximum effectiveness is to use deodorant or antiperspirant as part of a daily routine, especially after a bath or shower.
- c. True**—A daily bath or shower gets rid of the dirt and oil on your skin, and reduces the bacteria that can lead to odour.
- d. False**—Eccrine glands produce perspiration that is clear and odourless. These glands start working as soon as you are born.

- e. False**—Sweat is natural and important – it helps your body regulate its temperature.

- f. True**—The Apocrine glands become active when you start puberty. They produce perspiration which can smell unpleasant when it comes in contact with bacteria on the skin. This smell is known as body odour.
- g. True**—Drinking water reduces the concentration of perspiration.
- h. False**—Sweat glands are everywhere on your body, except your lips and ears. Each person has about 2.5 million eccrine glands.

Activity Sheet 3

Activity Sheet 4

Activity Sheet 7

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Pre-Test

Pre-Test

What do you know about puberty? Circle the best answer from the choices given.

- | | | | |
|----|---|-------------|--------------|
| 1 | Puberty involves physical and emotional changes. | True | False |
| 2 | Everyone starts shaving during puberty. | True | False |
| 3 | Sweat serves no useful function in the body. | True | False |
| 4 | For those with female sex organs, puberty begins between the ages of 8 – 13 and for those with male sex organs it's from ages of 10 – 17. | True | False |
| 5 | Changes that happen during puberty usually happen at once. | True | False |
| 6 | You should not bathe, exercise or swim during your period. | True | False |
| 7 | Periods always come on a regular schedule. | True | False |
| 8 | Everybody can tell when someone is having their period. | True | False |
| 9 | During puberty, those with female sex organs develop breasts, get their periods for the first time and grow hair under their arms and in their pubic area. | True | False |
| 10 | During puberty those with male sex organs grow taller and more muscular, their voices deepen, their penis and testicles grow larger and they grow facial and body hair. | True | False |

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Post-Test

Post-Test

What do you know about puberty? Circle the best answer from the choices given.

- 1 A growth spurt means you may grow several inches at once and that is natural. **True** **False**
- 2 Exercising during your period may help with cramps. **True** **False**
- 3 You may have emotional ups and downs during puberty. **True** **False**
- 4 There are two kinds of sweat glands, eccrine and apocrine. **True** **False**
- 5 A healthy well-balanced diet can help you feel great. **True** **False**
- 6 The average person will lose about two cups of blood during their period. **True** **False**
- 7 Puberty can be a time when learning to make the right decisions for you is important. Some teens solve problems using **IDEAL** (Identify, Describe, Evaluate, Act, Learn) **True** **False**

8 Estrogen is:

- a. a sweat gland
- b. an emotional reaction to puberty
- c. the primary hormone in those with female sex organs
- d. the primary hormone in those with male sex organs

9 Testosterone is:

- a. a sweat gland
- b. an emotional reaction to puberty
- c. the primary hormone in those with male sex organs
- d. the primary hormone in those with female sex organs

10 Sperm are made in:

- a. pituitary glands
- b. penis
- c. scrotum
- d. testicles

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My Body Timeline

Activity Sheet

Why this worksheet matters

As you grow, your body, thoughts, and feelings may change. This is a natural process called puberty. Puberty happens to everyone, but not at the same time or in the same way. Learning about body development and changes will help you understand what's happening and make decisions about your body that feel safe and comfortable for you.

This worksheet is meant to help you think, reflect, and learn at your own pace. You are always in control of what you choose to write or share.

Important reminders

- Everyone's body and puberty timeline are different
- There is no "right" or "wrong" age for changes to happen
- You may notice some changes now, some later, or experience them differently than others
- You are not expected to share personal information unless you choose to
- All bodies, identities, and cultures deserve respect
- It's normal to have questions, and asking questions is a sign of learning and growing

Part 1: What I Already Know About Puberty

Answer in words, point form, or drawings.

1. What does the word puberty mean to you?

2. What is one thing you already know about growing up and changing?

3. What is one thing about puberty and body changes that you're curious or wondering about?

My Body Timeline

Activity Sheet

Part 2: Understanding Puberty

During puberty, the brain sends signals to trigger the release of hormones that lead to changes in the body, including changes to emotions and social experiences.

Puberty includes:

- Physical changes (how the body grows and develops)
- Reproductive system changes (how the body prepares for reproduction)
- Emotional experiences (how feelings and moods may shift and intensify)
- Social transitions (how relationships with friends, family, and others may change)

People from different families and cultures may talk about puberty in different ways. Some changes may feel exciting, confusing, uncomfortable, or all of these at once. All these feelings are normal.

Reflection:

1. How might learning about puberty help you take care of your health and well-being?

2. What is one important idea you want to remember about how everyone's body changes at its own pace?

3. What would you say to help a friend who feels worried about puberty changes?

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Part 3: Changes Many People Notice During Puberty

Puberty happens at different times and in different ways for everyone. In the following list of common changes people might notice, check (✓) changes you already notice, circle ones you have heard about, or leave blank anything you are unsure about.

Physical Changes:

- Growing taller or faster than before (that is, growth spurts)
- Changes in body shape (for example, fat distribution and muscle development)
- More body hair (in areas such as the face, legs, arms, underarms, pubic area)
- Stronger body odour and/or sweating more
- Skin changes (for example, oilier skin and/or acne)
- Voice changes
- Increased hunger or appetite
- Genital development (penis, testicles, vulva may grow)
- Needing more sleep or feeling tired more often
- Changes in energy levels or sleep patterns

Emotional Changes:

- New or stronger emotions and mood changes
- Feelings that can shift quickly throughout the day
- Wanting more privacy or personal space
- Feeling more self-conscious or aware of your body
- Experiencing stronger reactions to everyday situations
- Having more intense feelings about yourself or others
- Noticing changes in confidence or self-esteem
- Feeling excited, nervous, and/or confused about growing up
- Feeling different from friends sometimes

Social and Mental Changes:

- Thinking differently or noticing new interests
- Shifts in feelings about yourself and others
- Changes in friendships or social groups
- Growing independence and/or new responsibilities
- Becoming more aware of how others see you
- Questioning rules or wanting to understand "why"
- Becoming more curious about your identity and future
- Noticing changes in how you relate to family member
- Wanting to make more of your own decisions
- Wanting to spend more time with friends

Choose one change from above and answer: What is one thing you already know, have heard, or wonder about this change?

Part 4: Changes That May Happen

These are *possible* changes that may happen during puberty. Bodies are unique, and not everyone experiences all of these changes.

People with female sex organs may notice:

- Breast or chest development
- Changes in body shape (for example wider hips, more curves)
- Growth of hair on arms, underarms, legs, and pubic area
- Menstrual periods beginning
- Vaginal discharge (clear or white fluid that helps keep the vagina healthy — this is normal)
- Mood changes related to hormonal cycles

Menstrual Cycle Basics: The menstrual cycle is a monthly process where the body prepares for the possibility of pregnancy.

- The lining of the uterus (called the endometrium) thickens each month
- If pregnancy doesn't happen, this lining leaves the body as menstrual blood
- This process typically begins during puberty and continues until menopause (later in life)
- A full cycle usually lasts about 28 days, though it can range from 21-35 days, with bleeding lasting 3-7 days, and it is common for this to be irregular when it first starts

Reflection: What is one new fact you learned about menstruation, or a question you still have about menstruation?

People with male sex organs may notice:

- Voice changes (for example, the voice may become deeper or crack sometimes)
- Growth of facial, chest, arm, underarm, leg, and pubic hair
- Growth of the penis and testicles
- Increased muscle development
- Nocturnal emissions or "wet dreams" (these happen during sleep and are completely normal)
- Erections happening more often (these can happen without choice and at unexpected times, and are normal)

Spermatogenesis Basics: Spermatogenesis is the process where sperm cells are made in the testicles. This process begins during puberty and continues throughout life, with the body constantly making new sperm.

Reflection: What is one new fact you learned about spermatogenesis, or a question you still have about this process?

My Body Timeline

Activity Sheet

Part 5: My Body Timeline

You may use the timeline below to show when you noticed changes, when you think they might happen, or leave it blank. You can write words, draw symbols, or use colours. Note: This is private unless you choose to share.

Ages (approximate): 8 9 10 11 12 13 14 15 16

What changes might happen at different times for different people?

Remember: Everyone's body develops at its own pace. Some people start puberty earlier, some later, and that's completely normal. There's no "right" or "wrong" time for these changes to happen.

My timeline notes or drawings:

Reflection:

- What surprised you about the timing of puberty changes?

- How do you feel knowing that everyone develops at their own pace?

- What would you tell a friend who was worried about being 'early' or 'late'?

Part 6: How I Feel About Growing Up and Changing

There is no single “right” way to feel about puberty and growing up. All feelings are normal and okay, and they might change over time which is completely normal.

1. Circle or write words that describe how you feel right now:

- Calm
- Curious
- Proud
- Unsure
- Nervous
- Confused
- Excited
- Happy
- Worried
- Overwhelmed
- Ready
- Not ready
- Other: _____

2. One feeling I want to understand a bit more:

3. Something that helps me feel safe or calm when I learn about changes is:

4. One question I have or one thing I'd like to talk more about with a trusted adult:

My Body Timeline

Activity Sheet

Part 7: Personal Hygiene and Self-Care

As bodies change during puberty, personal hygiene becomes more important. These habits help keep people healthy, comfortable, and feeling confident about their bodies.

Check (✓) any practices you already know about or use:

- Showering or bathing regularly (daily or every other day)
- Washing hair regularly (frequency depends on hair type)
- Washing face daily (if skin becomes oilier)
- Wearing clean clothes and changing underwear daily
- Oral care (brushing teeth twice daily and flossing)
- Using deodorant and/or antiperspirant when needed
- Choosing and changing menstrual products safely and regularly (for people who menstruate)
- Washing hands frequently throughout the day
- Getting enough sleep (9-11 hours for your age group)
- Staying hydrated and eating nutritious foods
- Balancing screen time with other activities
- Spending time with family, friends, or doing hobbies you enjoy
- Other: _____

Reflection:

1. Why is personal hygiene important during puberty?

2. One hygiene habit I want to start or improve on:

3. Who can you talk to if you have questions about personal care products?

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My Body Timeline

Activity Sheet

Part 8: Getting Support

Learning about puberty, body changes, and hygiene can bring up new questions or feelings. You deserve support and care as you navigate these changes.

Here are some examples of trusted people you could talk to for support (now or in the future):

- Parent or caregiver
- Teacher
- School counsellor
- Nurse or doctor
- Elder, faith leader, or community member
- Another trusted adult
- Older sibling, cousin, or other family member

Reflection:

One question I have right now (optional):

One way I can take care of myself as I grow:

Remember:

- Going through puberty is a natural and healthy process
- All bodies grow and change in many different ways and timelines
- Learning about your body (reproduction and hygiene) helps you take care of yourself
- Your experiences and feelings are valid and important
- You have the right to set boundaries and ask for help when you need it
- You are growing at your own pace, and that pace is perfect for you
- It's normal to have questions - asking questions shows you're learning and growing

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Spot the Ad Tricks

Name: _____

Date: _____

Instructions:

Online ads, videos, and posts are often edited or created to grab attention, sell something, or influence what we think. This activity helps you learn how to spot the tricks used by these online ads, videos and posts so you can make smart choices online.

Step 1: Look Closely

Your teacher will show you an image, video, or social media post.

Answer these questions:

What do I notice first? _____

• How does this make me feel? _____

• What do I think this is trying to make me do or believe? _____

Step 2: Spot the Ad Tricks

Check all the tricks you think might be used:

- Filters or editing (skin looks extra smooth, colours are very bright)
- AI images or videos (looks real but may be computer-made)
- AI influencer (a person who might not be real)
- Deepfake (someone saying or doing something they didn't really do)
- Fake or misleading information (no source, big promises, strong emotions)
- Before-and-after tricks (lighting, angles, or poses change the result)
- Hidden ad (looks like a regular post but is selling something)

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Step 3: Critical Thinking

Answer at least two questions below:

• Who made this and why? _____

• Is this trying to sell something or get attention? _____

• Could this be edited or created by a computer? _____

• What information might be missing? _____

• How could seeing this again and again affect someone? _____

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Step 4: Decide

Circle one: Probably Edited | Not Sure / Needs Checking

Explain your thinking: _____

Step 5: Reflection

Finish this sentence:

One trick I will watch out for online is _____

because _____

Remember: Not everything online is real or healthy. If something confuses you, feels uncomfortable, or seems misleading, talk to a trusted adult about it.
Be an active thinker, not a passive scroller.

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