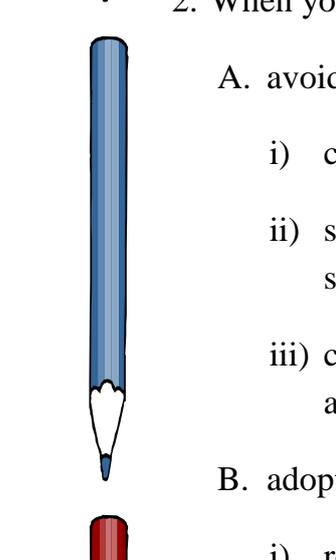
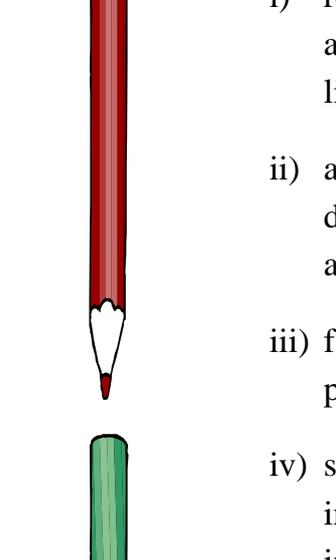


# Changes during Adolescence



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1. The physical development of everyone differs due to genetic inheritance and acquired factors. Therefore, you need not compare with others or worry too much.
  2. When you feel anxious about puberty, you should:
    - A. avoid adopting negative approaches and attitude as follows:
      - i) covering up, shirking and refusing to accept the facts;
      - ii) solving problems by methods which are unhygienic or lacking scientific proof; and
      - iii) comparing with others frequently, thereby becoming self-abased or arrogant and affecting interpersonal relationship.
    - B. adopt positive approaches and attitude as follows:
      - i) releasing emotions: express emotions when feeling uneasy by appropriate means such as chatting with others, writing a diary or listening to music;
      - ii) accepting your body image: get knowledge about the physical changes during puberty and accept the ongoing changes in your face, physique and body;
      - iii) facing the reality positively: endeavour and learn to solve problems for personal growth; and
      - iv) seeking help from friends and seniors:  
in respect of incidence: explore ways to solve the problems;  
in respect of emotions: share personal feelings.
  3. Talk to professionals or healthcare workers if you have any questions.
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