

I Am the Only “Me” in the World

Name: _____ Period: _____

Directions: Please complete the following sentences. Some of this information is personal, so you will get credit for simply completing the worksheet. The instructor won't grade what was written, we'll just check to make sure the sheet is complete.

1. I am proud of myself because...
2. I am someone who loves...
3. I am someone who would like to be...
4. I am someone who likes people who...
5. I am someone who is afraid of...
6. The way I demonstrate that I am a good friend is by...
7. If I saw someone being bullied, I would...
8. The thing I would most like to change about myself is...

9. I am happy when...

10. The thing I do best is...

11. One change during puberty that I'm excited about is...

12. One change during puberty that I'm NOT looking forward to is...

13. I am worried about...

14. If I heard someone saying "that's so gay," I would...

15. Three things I really like about my body are:
 - A)

 - B)

 - C)

16. I will keep my body healthy by...

17. If I had a question about my body or puberty, I would feel comfortable talking to...