

## My Body Changes and My Identity is Built



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“When I was a child, I used to talk as a child (...) When I became a man, I put aside childish things.”

1 Cor 13:11

# 1 ME - PERSON

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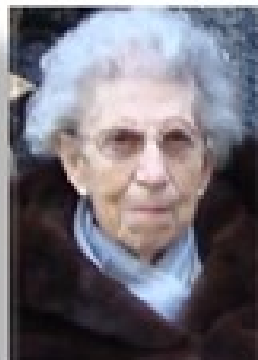
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1 Cor 13:11



1 Take a look at the photographs below. They are photos of the same person, taken at different times in her life. Observe her face in each photo and try to put them into chronological order, using the years provided.

1918 - 1925 - 1934 - 1950 - 1969 - 1980 - 1990 - 2008

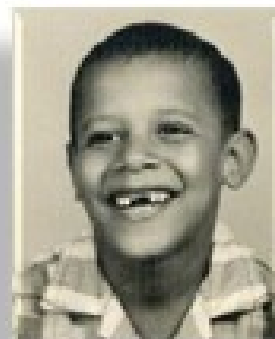
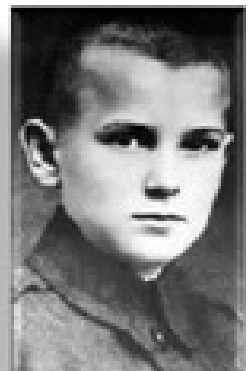
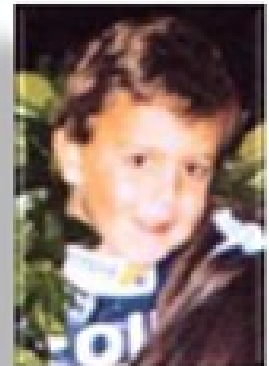




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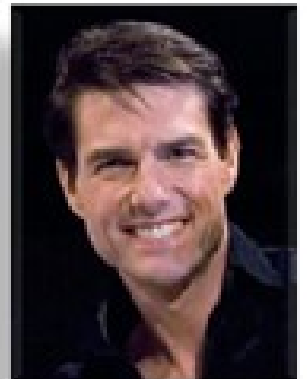
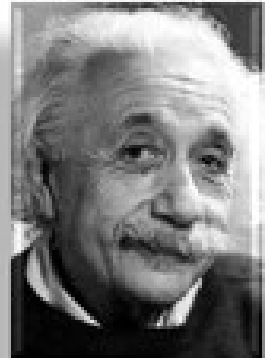
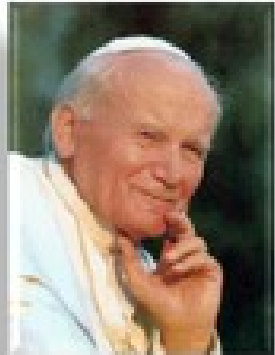


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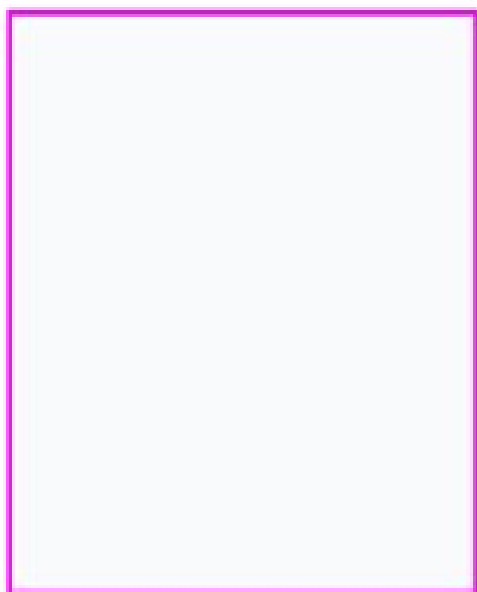
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## My Body Changes and My Identity is Built

4 Now it's your turn. Compare one of your childhood pictures to a picture of you today.



What changes do you observe? How do they make you feel?

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5 What about other people? Ask your family members these questions:

How do you feel when you notice that you are getting older?

FATHER	
MOTHER	
SIBLING	
GRANDPA	
GRANDMA	

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- 6 Make 4 groups. Each group will be in charge of analyzing what little kids do as far as games, toys, studies, responsibilities, independence, and schedule go. Then, compare that with the activities that you do today. Each group can then present their conclusions to the class.

	LITTLE KIDS	TODAY
Group 1: Games		
Group 2: Independence		
Group 3: Schedule		
Group 4: Responsibilities		



- 7 Take a moment for personal reflection and delve into the following questions:

1 Do I still have a special object from my childhood? Why am I holding onto it?

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2 Why do I want to grow up? Does it fill me with joy or pain?

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3 What do I miss about when I was little? As I grow older, what do I gain and what do I leave behind?

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‣ Do I have control over the physical changes taking place within me? Does how much I grow depend on me?

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‣ Can I control the changes in my state of mind?

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‣ My tastes and hobbies also change. Can I choose them?

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‣ Do my relationships with others change, too?

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Adolescence is a time of change. It is a step toward adulthood. I cease to be a child and become a youth, an adult.

Many changes occur in every aspect of my life:

- My body changes.
- My responsibility, my reason, my will.
- I experience many feelings all at once. Sometimes they are new, and sometimes contradictory. Many times I don't understand what's happening to me.
- My social interests change, too. Sometimes I need to be alone, and sometimes I need to feel like I have company. My relationship with my parents changes, as does my relationship with my friends, with boys, with girls...
- My spiritual response is transformed, too. Faith is personal and it changes along with me.



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In order to get to know myself, it is good for me to recognize all these changes taking place in me. If I know about them, I can direct my response: with my reason and my will; listening to my heart; interpreting my affections; choosing how to interact with people; learning to get to know my body, to speak correctly with my body... and, above all, accepting all of these changes, accepting myself, caring for myself and loving myself.

8 To conclude, we invite you to NOT LET YOURSELF BE SWEEPED ALONG by all of these changes. YOU should be the PROTAGONIST.

We suggest that you WRITE about all those moments when you have had to make a decision, or when you have had to choose between more than two options. They can even be simple, everyday situations.

Describe the situation, explain the possible choices that you had, what path you chose and how you felt. It will help YOU get to know YOURSELF.



Situation	Possibilities	Choice	Feeling

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