

Growing Up: Understanding Change

Learning objective: To identify and understand the physical and emotional changes that occur during puberty, and how to manage them with confidence.

Read each question carefully and write your answers in the spaces provided. Remember to use your best handwriting.

Puberty is a natural part of growing up. It is the time when a child's body begins to change so that it can eventually develop into an adult body. These changes are controlled by chemicals in our bodies called hormones. During this time, it is normal to experience new emotions, physical growth, and changes in how we look and feel. Staying healthy, keeping clean, and talking to a trusted adult are the best ways to navigate this transition.

Word bank: puberty · hygiene · emotions · hormones · independence · respect · growth

1. Define what 'puberty' means in your own words. (2 marks)

2. Name two physical changes that might happen to a person's body during puberty. (2 marks)

3. Why is it important to maintain good personal hygiene during puberty? Give two reasons. (3 marks)

4. Max the monkey is feeling confused because his moods keep changing quickly. Explain what might be causing this and suggest one healthy way he could manage his feelings. (4 marks)

5. Nova the owl wants to know who she can talk to if she has questions about growing up. List three different people or sources of help she could turn to. (3 marks)

6. Explain why it is important to show respect to others while they are going through their own changes during puberty. (4 marks)

7. Imagine you are writing a letter to a younger student who is worried about growing up. Using what you have learned, write a short paragraph explaining why puberty is a positive and normal part of life. (7 marks)

Draw: Draw a picture of a healthy activity you enjoy that helps you feel good about yourself, such as playing a sport, reading, or spending time with friends.



Extension challenge: Total: /25