

Growing Up Great: A Puberty Quiz

Learning objective: To understand the physical and emotional changes that happen during puberty and recognise that growing up is a natural process.

Read each question carefully. Choose the correct answer or write your response in the space provided. Remember, everyone grows at their own pace!

Answer Key: 1. A (Puberty), 2. True, 3. False (it happens to everyone), 4. B (Hormones), 5. True, 6. Hygiene, 7. C (All of the above), 8. True, 9. False (everyone's timeline is different), 10. True. Remember, if you have any worries, you can always talk to a trusted adult, a teacher, or a school nurse.

Word bank: Puberty · Hormones · Hygiene · Emotions · Deodorant · Confidence · Growth spurt · Changes

1. 1. What is the name of the period in life when your body begins to change from a child into an adult? A) Puberty* B) Retirement C) Infancy D) Toddlerhood (1 mark)

2. 2. True or False: During puberty, your body may grow taller very quickly. (True/False) (1 mark)

3. 3. True or False: Only some people go through puberty. (True/False) (1 mark)

4. 4. What are the natural chemical messengers in your body that trigger these changes? A) Vitamins B) Hormones* C) Minerals D) Proteins (1 mark)

5. 5. True or False: It is normal for your emotions to feel a bit stronger or different during puberty. (True/False) (1 mark)

6. 6. Fill in the blank: Taking regular showers and using deodorant helps you maintain good personal _____. (1 mark)

7. 7. Which of these might change during puberty? A) Your height B) Your skin C) Your hair D) All of the above* (1 mark)

8. 8. True or False: It is completely okay to ask a trusted adult if you have questions about growing up. (True/False) (1 mark)

9. 9. True or False: Everyone starts puberty at exactly the same age. (True/False) (1 mark)

10. 10. True or False: Growing up is a natural and normal part of life. (True/False) (1 mark)

Draw: Draw a picture of Nova the owl looking through a telescope at the stars. Beside her, draw a 'Growth Timeline' showing different heights, representing how everyone grows at their own unique speed.



Extension challenge: Write a short poem, like Leo the lion would, about being proud of the person you are becoming as you grow up.