

Growing Up: My Personal Fact-File

Learning objective: To understand that puberty is a natural part of growing up and to recognise the physical and emotional changes that occur during this transition.

As we grow, our bodies and feelings change in many different ways. This is called puberty. Use this fact-file to organise what you have learned about this natural process. Think about why these changes happen and how we can look after ourselves during this time.

Word bank: puberty · hygiene · emotions · growth · responsibility · independent · well-being · changes · confidence

1. What is puberty?: Explain in your own words what puberty is and why it is a normal part of life. (2 marks)

2. Physical Changes: List two examples of how a person's body might change as they grow from a child into a young adult. (2 marks)

3. Looking After Myself: Why is it important to pay extra attention to personal hygiene, such as washing more often, during puberty? (2 marks)

4. Managing Emotions: Sometimes during puberty, our feelings can change quickly. How can you look after your mental well-being when you feel overwhelmed? (2 marks)

5. Asking for Help: If you have a question or feel worried about growing up, who are the trusted adults you can talk to for advice? (2 marks)

Extension challenge: Write a short note to your future self about one thing you are looking forward to as you grow up, and one quality you possess that will help you handle new challenges.