Growing Up: My Puberty Word Mat

Learning objective: To understand the physical and emotional changes that happen during puberty and learn the correct terminology for this stage of development.

Key Vocabulary

Use this word mat to help you understand the changes that occur as our bodies grow from children into adults. The terms are grouped into three categories: 'Body Changes', 'Feelings & Emotions', and 'Health & Hygiene'.

What is the role o…	**Why is it importa…**	**Explain what a 'g…**
If you are experie…	**Define 'privacy' a…**	