

## Growing Up: The Great Adventure Quiz

*Learning objective: To understand the physical and emotional changes that happen during puberty and the importance of personal hygiene and wellbeing.*

Welcome to our PSHE challenge! Join Max the monkey and Nova the owl as they help you navigate the changes that come with growing up. Read each question carefully and write your answers clearly.

Answer Key: 1. B; 2. True; 3. Hormones; 4. A; 5. False; 6. Hygiene; 7. C; 8. True; 9. Independence; 10. B.

*Word bank: puberty · hygiene · emotions · independence · hormones · wellbeing*

**1. 1. What is the name of the process where a child's body begins to change into an adult's body? A) Maturation B) Puberty\* C) Childhood D) Transformation (1 mark)**

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**2. 2. True or False: Everyone grows and develops at their own unique pace. (1 mark)**

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**3. 3. What do we call the chemical messengers in the body that cause physical and emotional changes during this time? (1 mark)**

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**4. 4. Which of these is a healthy way to manage strong emotions? A) Talking to a trusted adult\* B) Keeping everything inside C) Ignoring how you feel D) Getting angry (1 mark)**

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**5. 5. True or False: You only need to use deodorant once a week. (1 mark)**

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**6. 6. Keeping clean by washing regularly and wearing fresh clothes is known as personal \_\_\_\_\_. (1 mark)**

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**7. 7. Who is the best person to talk to if you have questions about growing up? A) A stranger B) A peer who doesn't know C) A trusted adult like a parent or teacher\* D) No one (1 mark)**

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**8. 8. True or False: It is normal to experience mood swings as your body changes. (1 mark)**

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**9. 9. As you grow up, you start to make more of your own choices. What is this process of doing things for yourself called? (1 mark)**

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10. 10. Why is sleep important for a growing body? A) It makes you taller instantly B) It helps your body and brain rest and repair\* C) It stops you from growing D) It is not important (1 mark)

**Draw:** Draw a picture of yourself in the future, showing one activity you think you will enjoy doing when you are older, like travelling, working, or a hobby.



*Extension challenge: Write a short letter to your future self (aged 15) listing three things you are proud of about yourself right now and one question you have about being a teenager.*