

Growing Up: The Journey Ahead

Learning objective: To understand that puberty is a natural, healthy process of change that prepares the body for adulthood.

Read the passage below carefully. Think about how our bodies change as we grow and why these changes are a normal part of life. Answer the questions in full sentences, ensuring you justify your opinions where requested.

As we move through Class 4 towards the future, our bodies begin a remarkable journey called puberty. This is a natural transition where children slowly grow into adults. During this time, our bodies produce special chemicals called hormones that act like tiny messengers, instructing our bodies to change in various ways. You might notice that you are growing taller, your skin might become oilier, or you may start to sweat more, which makes good personal hygiene, like regular washing and using deodorant, very important. It is completely normal for your emotions to feel a bit like a rollercoaster too; one moment you might feel excited, and the next, a little confused or sensitive. Everyone experiences these changes at their own pace, which is why some children might change earlier or later than others. It is helpful to remember that these developments are a sign of your body becoming stronger and healthier. If you ever feel uncertain, talking to a trusted adult, such as a parent or a teacher, is the best way to feel supported and informed throughout this exciting stage of your life.

Word bank: puberty · hormones · development · transition · independence · hygiene · wellbeing

1. According to the text, what is the role of hormones during puberty? (2 marks)

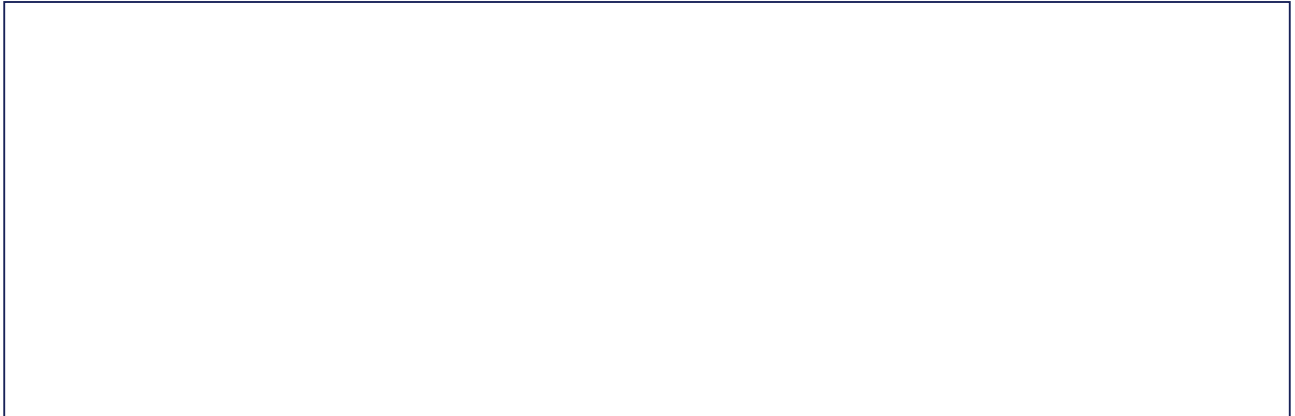
2. List two physical changes mentioned in the passage that might happen to a child's body. (2 marks)

3. Why might it be important for someone to use deodorant and wash regularly during puberty? (3 marks)

4. The passage mentions that emotions can feel like a 'rollercoaster'. Explain what the author means by this comparison. (3 marks)

5. Do you think it is helpful that everyone experiences puberty at different times? Justify your answer. (4 marks)

Draw: Draw a 'Roadmap of Growth' that shows different milestones of growing up, such as getting taller, learning new hobbies, and becoming more independent.



Extension challenge: Compare and contrast the physical changes of puberty with the emotional changes mentioned. Justify why it is essential to maintain good communication with a trusted adult during this period, and predict what might happen to a person's wellbeing if they kept all their worries about growing up to themselves.