

Growing Up: Understanding Puberty with Nova and Leo

Learning objective: To understand the physical and emotional changes that occur during puberty as part of the human life cycle.

Read each flashcard carefully. Use the front side to prompt your memory, then check the answer on the back. Discuss these terms with a partner to deepen your understanding of how our bodies change as we grow from children into young adults.

What is puberty?

Puberty is the natural process where a child's body begins to change and develop into an adult body, usually starting between the ages of 8 and 14.

What are hormones?

Hormones are special chemical messengers produced by the body that tell it when to start growing and changing during puberty.

What is a 'growth spurt'?

A growth spurt is a period of time during puberty when a person grows much taller and faster than usual in a short space of time.

Why does personal hygiene become more important during puberty?

During puberty, the body starts to sweat more and produces new oils, so washing regularly and using deodorant helps keep skin healthy and fresh.

What is adolescence?

Adolescence is the transitional stage of development between childhood and adulthood, involving both physical and emotional changes.

How might emotions change during puberty?

Because of hormones, people may experience 'mood swings' or feel stronger emotions, such as feeling happy one moment and frustrated the next.

Why is it important to talk to a trusted adult during puberty?

Puberty can be confusing, talking to a parent, teacher, or school nurse helps clarify that these changes are a normal part of growing up.

What is emotional wellbeing?

It means taking care of your feelings, being kind to yourself, and finding healthy ways to manage stress or worry.

True or False: Everyone goes through puberty at exactly the same age.

False. Every individual is unique, and puberty starts and progresses at different times for everyone.

What is a healthy way to manage the changes of puberty?

Maintaining a balanced diet, getting plenty of sleep, exercising, and keeping up with personal hygiene routines are all excellent ways to support your changing body.