

Growing Up: Understanding Our Changing Bodies

Learning objective: To identify the physical and emotional changes that happen during puberty and understand how to manage them with confidence and hygiene.

Read each question carefully. Use the word bank to help you express your ideas clearly. Remember that everyone grows at their own pace.

Word bank: hygiene · emotions · hormones · puberty · deodorant · independent · confidence · transition

1. Explain why it is normal for people to experience a wide range of different emotions during puberty. How do hormones play a part in this? (2 marks)

2. Max the monkey has noticed he is sweating more after playing football. Suggest two practical steps Max can take to maintain good personal hygiene during this time. (2 marks)

3. Compare and contrast the physical changes that occur during puberty with the emotional changes. Why is it important to recognise that both are part of growing up? (3 marks)

4. Justify your answer: Why is it helpful to talk to a trusted adult, such as a parent or teacher, if you feel worried or confused about the changes happening to your body? (2 marks)

5. What might happen if someone tries to navigate the changes of puberty without seeking accurate information or support? Explain the risks. (2 marks)

Draw: Draw a 'Confidence Shield' for Nova the owl. Inside the shield, draw or write three things that help you feel positive and prepared for the future, such as exercise, healthy eating, or talking to friends.



Extension challenge: Research and write a short, supportive poem in the style of Leo the lion. Your poem should offer advice to a younger student who might be feeling nervous about the idea of growing up and changing.