

# Growing Up: Your Amazing Journey

Growing Up: A New Chapter in Your Life Adventure!

- As we grow, we take on more responsibility for our own actions and choices. How does being responsible help us become more independent?
- Growing up often brings a wider range of emotions. Why is it important to talk about our feelings with a trusted adult when things feel confusing?
- Physical changes happen at different times for everyone. Why is it important to celebrate our individual differences rather than comparing ourselves to others?
- Resilience is the ability to 'bounce back' when we face a challenge. How can developing a growth mindset help you navigate the changes of growing up?
- Friendships can change as we get older. What qualities make a healthy, supportive friendship as you transition through the upper years of primary school?

*Did you know? Did you know? During puberty, your body produces special chemicals called hormones that act like internal messengers. These messengers help your body grow taller, get stronger, and change in many ways to prepare you for adulthood. It is a completely natural part of being human!*

**Key vocabulary:** Independence · Responsibility · Puberty · Emotions · Resilience · Confidence · Change