

Growing Up: My Personal Growth Fact-File

Learning objective: To understand that puberty is a natural part of human development and to identify the physical and emotional changes that occur as we transition towards adulthood.

Use this fact-file to explore the changes that happen during puberty. Think about how our bodies grow, how our feelings might change, and the importance of looking after our hygiene and wellbeing. Use the word bank to help you express your ideas clearly. Be honest and thoughtful in your responses.

Word bank: Development · Hygiene · Emotions · Independence · Confidence · Physical · Puberty · Wellbeing · Hormones · Support

1. Defining Puberty: In your own words, explain what puberty is and why it is a necessary stage of human development. (2 marks)

2. Physical Changes: Describe some of the physical changes that occur during puberty and justify why good personal hygiene becomes even more important during this time. (3 marks)

3. Emotional Wellbeing: Compare and contrast how you feel now compared to when you were younger. How might hormones influence our moods and reactions to situations? (3 marks)

4. Seeking Support: Explain why it is vital to have trusted adults or friends to talk to when you have questions about growing up. Who are your 'trusted people'? (2 marks)

5. Analysing Change: What might happen if someone felt worried or confused about the changes happening to their body? Suggest two ways they could find reliable information. (3 marks)

6. Reflective Thinking: How can you demonstrate kindness and respect towards yourself and others as everyone goes through these changes at different speeds? (2 marks)

Extension challenge: Write a short, encouraging letter to your future self, aged 15. Include three pieces of advice about staying healthy, being kind to your body, and maintaining your confidence as you continue to grow and develop.