

# Growing Up: My Journey of Change

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

Use this scaffold to reflect on the process of growing up. Think about how Nova the Owl observes natural cycles; humans go through their own cycle of change too. Write clearly and use the word bank to help explain your thoughts.

Growing up is a natural process that everyone experiences as they transition from childhood towards becoming an adult.

*Word bank: furthermore · consequently · gradually · in addition · emotional wellbeing · personal hygiene · significant · unique · responsibility*

**1. Physical Changes: Describe how a person's body might change during puberty. What does it mean for our daily routines? (2 marks)**

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**2. Emotional Changes: Explain why someone might experience a wider range of emotions during this time. How can we look after our mental health? (2 marks)**

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**3. Hygiene and Health: Justify why personal hygiene becomes more important during puberty. What specific habits should we adopt? (2 marks)**

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**4. Support Networks: Who are the trusted adults you could speak to if you had questions about these changes? Why is it important to seek reliable information? (2 marks)**

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**5. Compare and Contrast: Compare the way we grow physically with the way our social friendships might change as we mature. (3 marks)**

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**6. What might happen if someone tries to navigate these changes without talking to a trusted adult or seeking accurate information? (3 marks)**

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*Extension challenge: Write a short letter to your future self, dated five years from now. Explain three ways you hope to maintain your confidence and kindness while navigating the changes that growing up brings. Justify why these three traits are the most important to keep.*