

Growing Up: Preparing for Change

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

Read the front of each flashcard and try to recall the answer. Flip the card mentally (or use a partner) to check your understanding of the changes associated with growing up.

What is puberty?

A natural stage of life where a child's body begins to change and develop into an adult body.

What are hormones?

Chemical messengers in the body that trigger the physical and emotional changes during puberty.

Why is personal hygiene more important during puberty?

Because sweat glands become more active, meaning regular washing and using deodorant is necessary to stay clean and fresh.

Give an example of an emotional change during puberty.

Feeling a wider range of emotions, such as feeling more sensitive, moody, or independent.

How can you look after your mental well-being when you feel overwhelmed by growing up?

By talking to a trusted adult, like a parent or teacher, or by doing things that help you relax.

Max the monkey is feeling worried about his body changing. What is the best thing he should do?

Talk to a trusted adult who can give him accurate information and reassurance.

What does 'independence' mean in the context of growing up?

Taking more responsibility for your own actions, choices, and self-care.

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

False. Everyone develops at their own individual pace.

What is a good way to track your health and hygiene routine?

Creating a daily checklist for tasks like brushing teeth, showering, and wearing clean clothes.

Why is it important to respect others' privacy as they grow up?

Because everyone experiences changes differently and may feel sensitive about their own personal growth.