

Growing Up: Understanding Puberty

Learning objective: To understand the physical and emotional changes that happen during puberty, recognising it as a natural part of growing up.

Read the front of each flashcard to test your knowledge about how our bodies change as we grow. Flip to the back (after the | symbol) to check your understanding.

What is puberty?

Puberty is the natural process where a child's body changes to become an adult's body.

What are hormones?

Hormones are natural chemical messengers in the body that tell it when to start changing and growing during puberty.

How does personal hygiene change during puberty?

As the body changes, it is important to wash more frequently, use deodorant, and keep clean to stay fresh and healthy.

What is a 'growth spurt'?

A period during puberty where a person grows taller and gains weight much faster than usual.

Why might someone feel different emotions during puberty?

Because of the changes in hormones, it is normal to feel a mix of new or stronger emotions, such as feeling excited, worried, or grumpy.

Who can you talk to if you have questions about growing up?

You can talk to a trusted adult, such as a parent, a teacher, a school nurse, or a doctor.

Is everyone's experience of puberty exactly the same?

No, everyone grows and changes at their own pace. It is completely normal for people to start puberty at different times.

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

It means taking more responsibility for yourself, such as looking after your own hygiene and making your own choices.

How can you show kindness to yourself during puberty?

By remembering that these changes are normal, eating healthy food, getting enough sleep, and being patient with yourself.

True or False: Puberty is a stage that lasts forever.

False. Puberty is a temporary stage of development that helps you transition from childhood to adulthood.