

Growing Up Great: A PSHE Quiz with Nova the Owl

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

Read each question carefully. Nova the Owl is here to help you think about how our bodies change as we grow from children into young adults. Answer the questions to show what you know about staying healthy and positive during this time.

Answer Key: 1. B*, 2. True, 3. Hormones, 4. C*, 5. False, 6. Hygiene, 7. D*, 8. True, 9. True, 10. True.

Remember: Puberty is a natural part of life. If you have questions, talk to a trusted adult, such as a parent, carer, or teacher.

Word bank: Puberty · Hygiene · Hormones · Emotions · Confidence · Respect · Support · Growth

1. 1. What do we call the natural process where a child's body begins to change into an adult's body? A) Infancy, B) Puberty*, C) Retirement, D) Toddling (1 mark)

2. 2. True or False: Everyone goes through puberty at exactly the same age. (1 mark)

3. 3. What is the name for the 'chemical messengers' in our bodies that trigger the changes during puberty? (1 mark)

4. 4. Which of these is a good way to manage body odour as you grow? A) Eating more sugar, B) Never changing clothes, C) Daily washing and using deodorant*, D) Ignoring it (1 mark)

5. 5. True or False: It is unusual to feel mood swings or a mix of different emotions during puberty. (1 mark)

6. 6. Keeping clean by brushing teeth and washing regularly is known as good _____ . (1 mark)

7. 7. Who is a good person to talk to if you are worried about changes in your body? A) A stranger online, B) No one, C) Only your pet, D) A trusted adult like a parent or teacher* (1 mark)

8. 8. True or False: Growing taller and changes in hair growth are normal physical changes during puberty. (1 mark)

9. 9. True or False: It is important to treat your body with respect and kindness as it changes. (1 mark)

10. 10. True or False: Your friends might go through changes at different times, and that is completely normal. (1 mark)

Draw: Draw a picture of a 'Growth Timeline' showing how a person changes from a baby to an adult, including labels for the different stages of life.



Extension challenge: Greater Depth Challenges: 1. Explain why it is important to maintain good hygiene during puberty. 2. Compare and contrast how physical changes and emotional changes might affect a person's daily life. 3. Justify why talking to a trusted adult is the best way to handle worries about growing up. 4. What might happen if someone tries to navigate puberty without seeking support or information? 5. Create a 'positive affirmation' poster to help someone who feels nervous about growing up. 6. Research and describe why hormones are essential for the human body to function correctly.