

Growing Up: Understanding Puberty with Max and Nova

Learning objective: To understand the physical and emotional changes that happen during puberty and recognize that everyone grows at their own pace.

Read each question carefully and use your knowledge of how bodies change as we grow from children into adults. Remember that these changes are a normal part of life.

Word bank: puberty · emotions · hygiene · hormones · independent · changes · development

1. Max explains that puberty is a time when our bodies start to change. Can you list two physical changes that might happen to both boys and girls during this time? (2 marks)

2. Nova notes that puberty can also affect our feelings. Why might someone experience a wider range of emotions or 'mood swings' during this stage of growing up? (2 marks)

3. As our bodies develop, hygiene becomes even more important. Explain why it is necessary to shower more often and use deodorant as we get older. (2 marks)

4. Everyone grows at a different speed. If a friend starts experiencing changes before you do, why is it important to be kind and patient? (2 marks)

5. If you have a question about your body or the changes you are going through, name two trusted adults you could talk to for help and advice. (2 marks)

Draw: Draw a picture of a 'Growth Garden'. In your garden, draw different plants at different stages of growth—some are seeds, some are sprouts, and some are tall flowers. Label your drawing to show that just like plants, humans grow at different times and in their own unique way.



Extension challenge: Write a short, encouraging note to a younger child explaining that growing up is a positive adventure and that it is perfectly okay not to know everything yet!