Understanding Change: Growing Up

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

Read each question carefully. Use the word bank to help you with your answers. Write clearly and show your thinking.

Puberty is a natural process that happens to everyone as they transition from childhood to adulthood. During this time, the body changes physically, and feelings can often shift quickly. It is a time of growth, learning, and developing more independence. Taking care of your body through good hygiene habits becomes especially important during these years.

Word bank: Hygiene · Hormones · Emotional · Puberty · Deodorant · Independence · Confidence

1. Define what 'puberty' means in your own words. (2 marks)

2. List two physical changes that happen to both boys and girls during puberty. (2 marks)

3. Why is personal hygiene, such as showering daily and using deodorant, important during puberty? (3 marks)

4. Explain how hormones can affect a person's emotions. How might someone manage these changing feelings? (4 marks)

5. Max the monkey is feeling a bit worried because his friends are all changing at different speeds. Write a short letter to Max to explain why it is normal for everyone to develop at their own pace. (5 marks)

6. Identify two trusted adults you could speak to if you have questions about growing up. (2 marks)

7. True or False: Puberty happens at the exact same age for every single person. Explain your answer. (2 marks)

8. Give one example of how you can show kindness to a friend who is feeling self-conscious about changes in their life. (5 marks)

Draw: Draw a 'Confidence Shield'. Inside the shield, draw or write three things you enjoy doing that make you feel good about yourself as you grow up.

Extension challenge: Total: /25. Imagine you are helping Pip the caterpillar prepare a 'Growing Up Survival Kit'. List 5 items you would include to help someone feel prepared and positive about the changes ahead.