

Growing Up: A Guide to Puberty

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

Read each card carefully. The front of the card asks a question or presents a term, and the back provides the explanation. Use these to test your knowledge about the changes that happen as we grow from children into adults.

What is puberty?

Puberty is the natural process where a child's body begins to change and develop into an adult body, usually happening between the ages of 8 and 14.

What are hormones?

Hormones are special chemical messengers produced by the body that tell your brain and body when to start growing and changing.

What is a growth spurt?

A growth spurt is a period of time during puberty when your height and weight increase much faster than usual.

Why is personal hygiene important during puberty?

As your body changes, sweat glands become more active. Washing daily and using deodorant helps you stay fresh and clean.

How might emotions change during puberty?

Hormones can cause mood swings, making you feel happy, sad, or frustrated more quickly than before. This is completely normal.

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

It means wanting to make your own choices, take more responsibility for your actions, and build your own identity.

Is it normal to feel confused about puberty?

Yes! Every person goes through these changes at their own pace. It is helpful to talk to a trusted adult, like a parent or teacher, if you have questions.

What are some physical changes that happen to everyone?

Everyone experiences skin changes (like spots), hair growth in new places, and changes in body shape.

How can you maintain good self-esteem during puberty?

Focus on your strengths, be kind to yourself, and remember that everyone is going through the same process of change.

Why is it important to respect others' privacy during puberty?

Everyone develops at a different speed. It is important to be kind and never tease anyone about the changes their body is going through.