

Growing Up: A Journey of Change

Learning objective: To understand the physical and emotional changes that happen during puberty and identify strategies for managing these changes.

Read each question carefully and choose the best answer. Remember, everyone grows at their own pace, and that is perfectly normal!

Answer Key: 1.C, 2.True, 3.Hormones, 4.B, 5.False, 6.A, 7.True, 8.Hygiene, 9.B, 10.True. Puberty is a natural process where your body changes to become an adult. Hormones are the 'chemical messengers' that trigger these changes. It is normal to feel a mix of emotions, and talking to a trusted adult helps.

Word bank: Puberty · Hormones · Hygiene · Emotions · Confidence · Growth spurt · Independence

1. 1. What is the name of the process where a child's body begins to change into an adult's body? A) Maturing, B) Developing, C) Puberty*, D) Growing (1 mark)

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

3. 3. What do we call the 'chemical messengers' in the body that cause physical and emotional changes? (One word answer) (1 mark)

4. 4. Which of these is a common physical change during puberty? A) Learning to walk, B) A growth spurt*, C) Losing baby teeth, D) Learning to speak (1 mark)

5. 5. True or False: You should stop being active and exercising once you start puberty. (1 mark)

6. 6. Why is it important to wash more frequently and use deodorant during puberty? A) To maintain good hygiene*, B) To change your hair colour, C) To grow taller faster, D) Because your friends do it (1 mark)

7. 7. True or False: It is normal for your emotions to feel a bit like a rollercoaster during puberty. (1 mark)

8. 8. What is the term for the daily habits we use to keep our bodies clean and healthy? (One word answer) (1 mark)

9. 9. If you are feeling worried or confused about growing up, who is the best person to talk to? A) A stranger, B) A trusted adult like a parent or teacher*, C) No one, D) A pet (1 mark)

10. 10. True or False: Asking questions about puberty is a healthy way to learn about your own body. (1 mark)

Draw: Draw a picture of Nova the owl looking through a telescope at the stars, representing how we look forward to the future and our own personal growth journey.



Extension challenge: Write three positive affirmations you can say to yourself to build your confidence during times of change.