

# Growing Up: Understanding Puberty with Max and Nova

*Learning objective: To understand the physical and emotional changes that occur during puberty and recognise that it is a natural, healthy part of growing up.*

Read each question carefully and use your knowledge about human growth and development to write your answers. Think about how Max and Nova might discuss these changes as a normal part of life.

Puberty is a natural stage of life where the body undergoes significant physical and emotional changes to transition from childhood into adolescence. During this time, the body produces hormones that trigger new developments, such as growth spurts, skin changes, and new feelings. Practising good personal hygiene and talking to trusted adults are important steps in managing these changes with confidence.

*Word bank: puberty · hormones · hygiene · emotions · independence · growth · changes · confidence*

**1. Max is learning about how bodies change during puberty. Can you list two physical changes that might happen to both boys and girls during this time? (2 marks)**

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**2. Nova has noticed that her feelings change quickly lately. Why is it normal for young people to experience a wider range of emotions during puberty? (2 marks)**

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**3. Why is it important to maintain good personal hygiene routines, such as showering regularly and using deodorant, as you go through puberty? (2 marks)**

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**4. If you are feeling worried or confused about the changes happening to your body, who are three trusted adults you could speak to for advice? (3 marks)**

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**5. Puberty is a unique experience for everyone. Explain why it is important to be kind and respectful to others as they go through their own growth journey. (2 marks)**

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**Draw:** Draw a picture of a tree growing from a small sapling into a strong, tall tree. Label the roots as 'support from family/friends' and the leaves as 'new skills and confidence' to represent how growth is a positive, natural process.



*Extension challenge: Write a short, encouraging note to your future self about one thing you are looking forward to as you grow older and gain more independence.*