

Growing Up: A Natural Journey

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

Read the passage below carefully. Use the information provided to answer the questions that follow. Remember to use full sentences.

Puberty is a natural stage of life that every person experiences as they grow from a child into an adult. It is a time of change triggered by chemical messengers in our bodies called hormones. During this time, your body will begin to develop in new ways, such as growing taller, changing shape, or developing hair in new places. You might also notice your skin becoming oilier, which is why keeping up with a good hygiene routine—like washing your face and showering regularly—is so important.

Beyond physical changes, puberty often brings shifts in how we feel. You may find your emotions changing quickly, or feel a new desire for more independence. It is completely normal to feel confused or even a little shy about these changes. Nova the owl always reminds us that asking questions is a brilliant way to learn! Whether you talk to a trusted adult, a teacher, or a school nurse, remember that you are not alone. Everyone goes through this journey at their own pace. Being kind to yourself and others is the best way to navigate these exciting years of development.

Word bank: puberty · hormones · hygiene · emotions · development · independence

1. What are the chemical messengers in our bodies that trigger the changes during puberty called? (1 mark)

2. Identify two physical changes mentioned in the text that happen during puberty. (2 marks)

3. Why does the author suggest that maintaining a hygiene routine becomes more important during puberty? (2 marks)

4. Based on the text, why might someone feel 'confused' during this stage of their life? (2 marks)

5. Why is it important to remember that everyone goes through puberty at their own pace? Justify your opinion. (3 marks)

Draw: Draw a picture of a tree growing from a small sapling into a large, strong tree, using this as a metaphor for personal growth and development.



Extension challenge: Create a list of three questions you could ask a trusted adult if you wanted to learn more about the changes happening during puberty.