

Growing Up: My Personal Growth Fact-File

Learning objective: To understand the physical and emotional changes that happen during puberty and identify ways to manage these changes confidently.

Use this fact-file to explore the changes that happen during puberty. Think about the advice Nova the owl would give: stay curious, stay calm, and remember that everyone grows at their own pace. Fill in the boxes below to help you understand how to look after yourself as you grow up.

Word bank: puberty · hygiene · emotions · hormones · independence · wellbeing · respect · changes

1. Physical Changes: List three ways the human body changes during puberty and why good personal hygiene becomes even more important. (3 marks)

2. Emotional Wellbeing: Puberty can bring new feelings. Describe two strategies you could use to manage your emotions if you feel overwhelmed or confused. (2 marks)

3. Seeking Support: Identify three trusted adults or sources of information you could talk to if you have questions about growing up. (2 marks)

4. Healthy Habits: Explain why a balanced diet, regular exercise, and good sleep are essential for your body during this time of growth. (2 marks)

5. Respecting Differences: Why is it important to remember that everyone experiences puberty at different times and in different ways? (2 marks)

Extension challenge: Write a short, encouraging letter to your future self, aged 13, about the things you are most looking forward to as you grow up and the qualities you want to keep as you become more independent.