

PSHE Assessment: Navigating the Journey of Growing Up

Learning objective: To understand the physical, emotional, and social changes that occur during the transition into adolescence, and to identify strategies for maintaining wellbeing.

Read each question carefully. Use the word bank to support your answers where appropriate. Ensure your responses are thoughtful and reflect your understanding of personal growth.

As we grow from children into teenagers, our bodies and minds undergo significant changes. This period, known as puberty, is a natural part of life. Alongside physical transformations, we often experience new emotions and a desire for greater independence. Building strong friendships, managing our health, and maintaining a positive self-image are vital parts of this journey. Just as Nova the owl observes the stars changing positions in the night sky, we too must learn to navigate the changing landscape of our own lives with patience and kindness.

Word bank: Resilience · Puberty · Independence · Self-esteem · Empathy · Hormones · Responsibility · Wellbeing

1. Define the term 'puberty' and explain why it is considered a universal experience for all humans. (2 marks)

2. Identify two positive ways a person can manage their emotional wellbeing when they feel overwhelmed by change. (2 marks)

3. Explain why the need for 'independence' often increases as children enter Year 6 and beyond. How does this impact your relationship with your family? (3 marks)

4. Compare and contrast how physical changes and emotional changes might affect a person's confidence. Justify your reasoning. (4 marks)

5. What might happen if a young person ignores their personal hygiene during the changes of puberty? Explain the importance of these new responsibilities. (3 marks)

6. Describe a scenario where showing empathy towards a peer who is struggling with 'growing up' could help strengthen your friendship. How would you approach them? (3 marks)

7. Extended Writing: Reflect on your own journey so far. Discuss one challenge you have faced regarding growing up and describe the 'resilience' you used to overcome it. What advice would you give to a younger child who is nervous about the future? (5 marks)

Draw: Draw a 'Growth Tree'. On the roots, write three qualities that help you stay grounded. On the branches, draw or write three new responsibilities or changes you are looking forward to as you grow older.



Extension challenge: Total: /25. Challenge: Research the role of hormones in the human body. Create a short 'Fact File' explaining how hormones act as chemical messengers during the transition to adulthood. Why is it important to remember that everyone grows at a different pace?