

Growing Up and Changing: A Journey with Pip and Nova

Learning objective: To understand the physical and emotional changes associated with puberty and growing up, and to recognise how to manage these changes with confidence.

Review these flashcards to understand the natural process of growing up. Discuss the answers with a partner to deepen your understanding of how our bodies and feelings change as we transition towards adulthood.

What is puberty?

Puberty is the natural process where a child's body changes to become physically capable of reproduction as they transition into adulthood.

What are hormones and why are they important during growth?

Hormones are chemical messengers produced by the body that trigger the physical and emotional changes associated with growing up.

Why does personal hygiene become more important during puberty?

As the body develops, sweat glands become more active, making daily washing and regular hygiene routines essential for staying healthy and feeling comfortable.

How might Nova (our owl friend) describe the feeling of 'independence'?

Independence is the growing ability to make your own choices, take responsibility for your actions, and rely on your own judgement as you mature.

What is 'emotional wellbeing' and why does it fluctuate during adolescence?

Emotional wellbeing is how we think and feel about ourselves; it can fluctuate during growth due to hormonal changes and the new challenges faced in daily life.

How can you support a friend who feels overwhelmed by the changes of growing up?

By listening without judgement, offering kindness, and reminding them that these changes are a normal, shared experience for everyone.

Explain why self-esteem is vital during the teenage years.

High self-esteem helps individuals feel confident in their identity, navigate social pressure, and maintain a positive outlook despite the challenges of changing.

What is the role of resilience when facing new responsibilities?

Resilience is the ability to "bounce back" from setbacks or mistakes, allowing you to learn from new experiences rather than feeling defeated by them.

Compare and contrast the physical changes and emotional changes of puberty.

Physical changes are visible, such as growth spurts, while emotional changes are internal, involving shifts in mood and how one perceives relationships.

Justify why it is important to talk to a trusted adult about puberty.

Trusted adults can provide accurate information, reassurance, and guidance, helping to remove any fear or confusion caused by the unknown.

What might happen if someone tries to navigate puberty entirely alone?

They might feel isolated, develop misconceptions about what is 'normal', or struggle to manage their emotions effectively without support.

How does Pip the bookworm's love for new words relate to growing up?

Just as Pip enjoys learning new vocabulary, growing up is about expanding your knowledge of yourself and the world to better express who you are becoming.