

Growing Up: The Great Leap Forward

Learning objective: To identify the physical, emotional, and social changes that occur during puberty and the transition into adolescence, whilst developing an understanding of personal hygiene and self-worth.

Read the questions carefully and use your knowledge of health and wellbeing to answer. Remember, growing up is a unique journey for everyone, so take your time to reflect on these changes.

Answer Key: 1.C, 2.True, 3.Hormones, 4.A, 5.False, 6.True, 7.Hygiene, 8.B, 9.True, 10.Independence. Note to teacher: Use these answers to facilitate a supportive classroom discussion about the natural process of growth.

Word bank: puberty · adolescence · hormones · independence · hygiene · resilience · responsibility · wellbeing

1. Which term best describes the natural process where a child's body changes into an adult body? A) Maturation B) Evolution C) Puberty* D) Transformation (1 mark)

2. True or False: Everyone grows and develops at exactly the same speed during their teenage years. (1 mark)

3. What is the name for the chemical messengers in the body that trigger changes during puberty? (1 mark)

4. How can you best look after your physical health during this stage of growth? A) Maintaining good personal hygiene* B) Sleeping only two hours a night C) Never eating vegetables D) Avoiding all physical activity (1 mark)

5. True or False: Feeling a wide range of emotions, such as being happy one moment and frustrated the next, is an uncommon experience. (1 mark)

6. True or False: It is important to talk to a trusted adult, such as a parent or teacher, if you have questions about growing up. (1 mark)

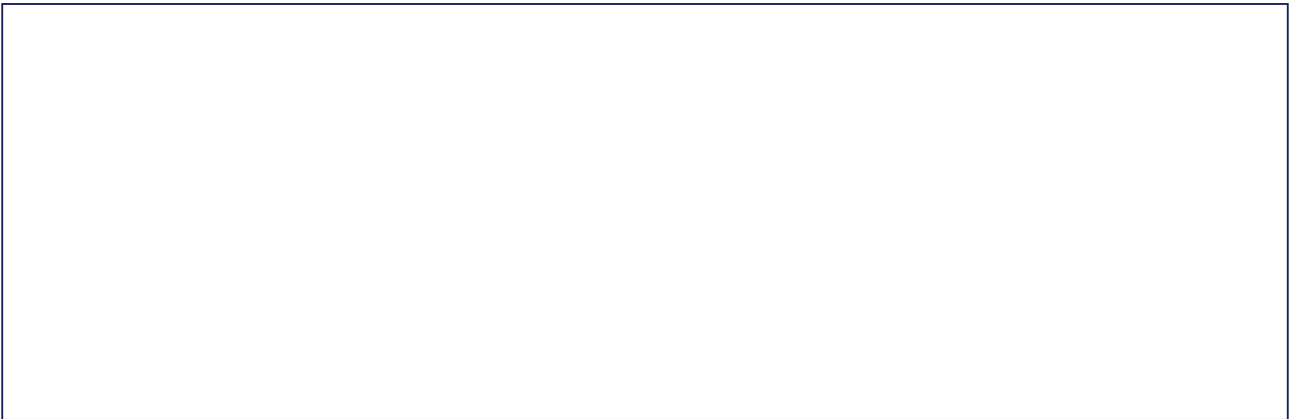
7. What word starting with 'H' describes the practice of keeping your body clean to stay healthy and smelling fresh? (1 mark)

8. Which of these is a healthy way to manage stress? A) Keeping feelings bottled up B) Talking to a friend or mentor* C) Ignoring the problem D) Avoiding all schoolwork (1 mark)

9. True or False: Your personal boundaries and privacy needs may change as you get older. (1 mark)

10. What is the term for the process of learning to make your own decisions and taking care of yourself? (1 mark)

Draw: Draw a 'Growth Map' featuring Nova the owl. Show Nova at different stages of her life, highlighting the things she has learned, the skills she has gained, and the positive changes she has made as she has grown older.



Extension challenge: 1. Explain why it is normal for different people to reach puberty at different ages. 2. Compare and contrast the responsibilities you have now in Year 5 with the responsibilities you might have as a teenager. 3. Justify why keeping a positive mindset is essential when facing new challenges during adolescence. 4. What might happen if someone tries to navigate puberty without seeking support or information? 5. Reflect on how your friendships might change as you grow; why is it important to choose friends who respect your values? 6. Design a 'Growth Toolkit' listing three items or habits that would help someone stay emotionally resilient during times of change.