

Growing Up and Changing

Learning objective: To understand the physical and emotional changes that happen during puberty.

Read the text carefully. Use the word bank to help you understand the words. Answer the questions in the boxes provided.

Everyone grows up. This is a natural part of life. Between the ages of 8 and 14, your body starts to change. This process is called puberty. During this time, special messengers in your body called hormones tell your body it is time to grow. You might get taller, your voice might change, or your skin might need extra care.

Puberty does not just change your body; it changes how you feel too. You might have big emotions. One minute you feel happy, and the next you might feel a bit grumpy. This is normal. It is important to talk to a trusted adult, like a teacher or a parent, if you feel confused.

Good hygiene becomes very important now. Washing every day and using deodorant helps you feel fresh. Growing up means you start to become more independent. You learn to take care of yourself as you move towards becoming an adult. Remember, everyone goes through these changes at their own speed. There is no right or wrong way to grow. Be kind to yourself and others as you journey through this exciting time.

Word bank: Puberty: The time when your body changes from a child to an adult. · Hormones: Tiny messengers in your body that start the changes. · Hygiene: Keeping your body clean to stay healthy. · Emotions: How you feel inside, like being happy, sad, or grumpy. · Independent: Doing things on your own.

1. What is the name for the process where a child's body changes into an adult's body? (1 mark)

2. Name two things you can do to keep good hygiene during puberty. (2 marks)

3. Why might someone feel grumpy or have big emotions during puberty? (2 marks)

4. What does the text mean when it says everyone grows at their 'own speed'? (2 marks)

**5. Why is it a good idea to talk to a trusted adult if you feel confused about growing up?
Explain your answer. (2 marks)**

Draw: Draw a picture of a tree growing from a small sapling into a large, strong tree. Label the different stages of the tree's life.



Extension challenge: Write down three questions you would like to ask a trusted adult about growing up. Remember, there are no silly questions!