

Growing Up: Understanding Puberty

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

Read the front of each card. Think about the answer. Then, flip the card to see the meaning. Use the word bank to help you understand the new words.

What is puberty?

Puberty is the time when your body starts to change from a child into an adult.

What are hormones?

Hormones are like tiny chemical messengers in your body that tell it when to start changing.

Why do we have more body odour during puberty?

During puberty, your sweat glands become more active, so it is important to wash regularly.

What is hygiene?

Hygiene means keeping yourself clean, like washing your body and brushing your teeth, to stay healthy.

True or False: Everyone grows at the same speed during puberty.

False. Everyone grows at their own pace.

What are emotions?

Emotions are feelings. During puberty, your feelings might change quickly or feel very strong.

Who can you talk to if you are worried about growing up?

You can talk to a trusted adult, like a parent, teacher, or school nurse.

Is it normal to feel confused about changes?

Yes, it is very normal to have questions and feel confused about growing up.

What should you use to stay fresh?

You should use soap, water, and deodorant to help with body odour.

How can you feel more confident?

Talk to people you trust, ask questions, and remember that growing up is a natural process.