

Growing Up: The Journey of Change

Learning objective: To understand the physical and emotional changes that occur during puberty and how to manage these transitions with confidence.

Max the monkey is helping us organise our thoughts on growing up. Categorise the statements below into two columns: 'Physical Changes' (things happening to your body) and 'Emotional Changes' (how you feel inside). Once you have sorted them, use the 'Greater Depth' section to reflect on why these changes are a natural part of becoming a young adult.

Word bank: Height growth · Mood swings · Increased independence · Skin changes · New responsibilities · Body hair growth · Self-awareness · Voice changes

1. Sort the items from the word bank into two groups: Physical Changes and Emotional Changes. Why is it important to recognise that both types of changes are normal? (4 marks)

2. Explain why personal hygiene, such as showering regularly and using deodorant, becomes more important during puberty. (2 marks)

3. Justify why it is helpful to talk to a trusted adult, such as a parent or teacher, when you have questions about your changing body. (2 marks)

4. Compare and contrast how a 5-year-old and a 10-year-old might handle a 'mood swing'. What does this tell us about emotional maturity? (3 marks)

5. What might happen if someone tries to navigate puberty without seeking support or information? Explain the potential impact on their wellbeing. (3 marks)

6. Imagine you are writing a letter to your future self at age 14. What piece of advice would you give regarding the changes you are experiencing now? (3 marks)

Draw: Draw a 'Confidence Tree'. On the roots, draw things that help you feel supported (like family or friends). On the branches, draw three positive qualities you possess that will help you as you grow up.



Extension challenge: Research the term 'hormones'. Write a short paragraph explaining how these chemical messengers act like 'instruction manuals' for the body during puberty. Use your own words to describe their function.