

Understanding Change: Growing Up and Puberty

Learning objective: To identify and describe the physical and emotional changes that occur during puberty and understand how to manage personal wellbeing during this transition.

Read each question carefully. Use your best handwriting and ensure your answers are clear and thoughtful. You may refer to the word bank if you need help with scientific terminology.

Puberty is a natural stage of life that everyone experiences as they transition from childhood to adolescence. During this time, the body undergoes significant changes triggered by chemicals in the body called hormones. These changes are not just physical; they can also affect how we feel and how we interact with the people around us. Developing good habits, such as maintaining personal hygiene and communicating openly with trusted adults, is essential during this time of personal growth.

Word bank: hormones · hygiene · puberty · physical · emotional · independence · responsibility · wellbeing

1. Define the term 'puberty' in your own words. Why is it considered a universal human experience? (2 marks)

2. Identify two physical changes that occur during puberty. Explain why maintaining personal hygiene becomes more important during this stage. (3 marks)

3. Puberty often brings a wider range of emotions. Explain why it is normal to feel differently about situations that previously did not bother you. (3 marks)

4. Compare and contrast the difference between a 'physical change' and an 'emotional change' using examples for both. (4 marks)

5. Justify why seeking advice from a trusted adult is a vital strategy for someone experiencing the confusing aspects of puberty. (4 marks)

6. Extended Writing Task: Imagine you are writing a letter to a younger student who is worried about growing up. Explain what puberty is, why change is a positive part of life, and offer two pieces of advice for managing their wellbeing during this time. (5 marks for structure, empathy, and accuracy) (5 marks)

Draw: Draw a 'Wellbeing Tree'. On the roots, write three things that help you stay grounded (like hobbies or friends). On the leaves, write three positive qualities you hope to develop as you grow older.



Extension challenge: What might happen if someone chooses to ignore the physical changes occurring in their body rather than learning about them? How does the transition to adolescence impact a person's sense of independence and responsibility within their family? Total: /25