

Growing Up: The Journey of Change

Learning objective: To understand the physical and emotional changes that occur during puberty and the importance of personal hygiene.

Read the passage below carefully. Use your knowledge of PSHE and the text to answer the questions that follow. Remember to provide evidence from the text where required.

Puberty is a natural, healthy stage of life that marks the transition from childhood to adolescence. It is a period when your body begins to change as you prepare for adulthood. These changes are triggered by hormones, which are chemical messengers sent around the body. You might notice your body growing taller, your voice deepening, or your skin becoming oilier, which is why establishing a good hygiene routine—such as showering daily and using deodorant—is essential.

However, puberty isn't just about physical growth. It is common to experience a rollercoaster of emotions. You might feel more sensitive, irritable, or even excited as you navigate new feelings. Our friend Nova the owl often says that understanding these changes is like mapping a new forest; it can seem daunting at first, but it is a normal part of your unique development. It is important to remember that everyone develops at their own pace. If you ever feel overwhelmed, speaking to a trusted adult, such as a teacher or family member, is a brave and sensible step to take. You are not alone in this journey.

Word bank: Puberty · Hormones · Hygiene · Adolescence · Development · Emotional · Well-being

1. Identify two physical changes mentioned in the text that occur during puberty. (2 marks)
(2 marks)

2. According to the text, why is it important to establish a regular hygiene routine during puberty? (2 marks)
(2 marks)

3. Explain why the author uses the metaphor of 'mapping a new forest' to describe puberty. (2 marks)
(2 marks)

4. What might happen if a young person ignores their emotional health during this time? Justify your answer. (3 marks)
(3 marks)

5. The text states that 'everyone develops at their own pace.' How does this perspective promote a positive school environment? (3 marks) (3 marks)

Draw: Draw a creative 'Growth Map' for a young person. Include labels for physical changes, emotional milestones, and support systems (like trusted adults) to show how puberty is a journey of development.



Extension challenge: Research the function of hormones in the human body. Write a short paragraph explaining why hormones are considered 'chemical messengers' and predict how they might influence other aspects of human life beyond puberty.