

Growing Up: Understanding Puberty

Learning objective: To understand the physical and emotional changes that occur during puberty and recognise that these are a natural part of growing from a child into an adult.

Use these flashcards to test your knowledge about the changes that happen during puberty. Read the question on the front, think of your answer, then check the back to see if you have covered the key points.

What is puberty?

Puberty is the natural process of physical and emotional change where a child's body matures into an adult body capable of reproduction.

What are hormones?

Hormones are chemical messengers produced by the body that signal different parts of the body to start growing and changing during puberty.

Why is personal hygiene more important during puberty?

During puberty, sweat glands become more active and the body produces more oils, so daily washing and using deodorant is essential to stay fresh and healthy.

What is a 'growth spurt'?

A growth spurt is a period of rapid increase in height and weight that often happens during the early stages of puberty.

How might puberty affect a person's emotions?

Because of changing hormone levels, people may experience mood swings or feel a wider range of intense emotions, which is a normal part of growing up.

What does 'independence' mean in the context of growing up?

It means taking more responsibility for your own actions, health, and decisions as you transition from childhood to becoming a teenager.

True or False: Everyone goes through puberty at exactly the same age.

False. Everyone develops at their own unique pace; there is no 'correct' time to start or finish puberty.

Why is it important to talk to a trusted adult if you are worried about changes?

Talking to a parent, teacher, or school nurse can help you understand that the changes you are experiencing are normal and ensure you have the right support.

What is self-esteem?

Self-esteem is how you feel about yourself. During puberty, it is important to be kind to yourself as your body and mind are going through many new changes.

Define the term 'Adolescence'.

Adolescence is the wider period of transition between childhood and adulthood, encompassing physical, social, and emotional development.