

My Journey of Growth: A Personal Reflection

Learning objective: To understand the physical and emotional changes during puberty and recognise the importance of personal hygiene, self-care, and seeking support.

Use this fact-file to explore the changes that happen during puberty. Think about the advice Nova the Owl might give you: it is important to be curious and kind to yourself as you grow. Fill in each section thoughtfully. Remember, everyone grows at their own pace, and that is perfectly natural.

Word bank: hormones · hygiene · emotional · independence · resilience · wellbeing · transition · responsibility · maturity

1. Physical Changes: Describe two ways the human body changes as it matures. Why is maintaining personal hygiene more important during this time? (4 marks)

2. Emotional Shifts: Explain why someone might experience a wider range of emotions during puberty. How can you look after your mental wellbeing during these changes? (4 marks)

3. The Support Network: Justify why it is helpful to talk to a trusted adult, such as a parent, teacher, or school nurse, when you have questions about growing up. (3 marks)

4. Comparing Experiences: Compare and contrast the physical changes with the emotional changes. Which do you think is more challenging to navigate, and why? (4 marks)

5. What might happen if someone tries to manage these significant life changes entirely on their own without seeking guidance or information? (3 marks)

6. Personal Strategy: Create a 'Self-Care Plan' listing three habits you can start now to help you feel confident and healthy as you grow older. (4 marks)

Extension challenge: Write a short, encouraging letter to your future self (aged 15). Include advice on how to remain resilient, how to celebrate your unique identity, and how to maintain healthy relationships with peers. Use at least five words from the word bank in your response.