

Growing Up: A Year 5 Guide to Puberty

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

Key Vocabulary

This vocabulary is divided into three categories: Physical Changes, Emotional Changes, and Wellbeing. Use these terms to help you discuss how our bodies and feelings evolve as we transition from childhood towards adolescence.

Explain why good...	Compare and con...	Justify why main...
What might happ...	Define 'hormones...	How can showing...