

Growing Up: Understanding Our Changing Bodies

Learning objective: To understand the physical and emotional changes that occur during puberty and how to manage these transitions with confidence.

Read each question carefully. Use your knowledge of human development and the provided word bank to answer the questions in full sentences. Remember to think about why these changes are a natural part of growing into an adult.

Puberty is a natural, healthy process that every human experiences. It is the time when the body begins to change from a child's body into an adult's body. Driven by chemical messengers called hormones, these changes happen at different times for everyone. Beyond physical growth, puberty also involves shifts in how we feel and how we relate to others, marking an important step towards independence.

Word bank: puberty · hormones · hygiene · emotional · independence · respect · development · maturity

1. Define the term 'puberty' and explain why it is considered a universal experience for all human beings. (2 marks)

2. How do hormones act as the 'engine' for the physical changes observed during this stage of development? (2 marks)

3. Explain why personal hygiene, such as showering daily and using deodorant, becomes increasingly important during puberty. (2 marks)

4. Compare and contrast physical changes with emotional changes. Why might a young person experience a wider range of moods during this time? (3 marks)

5. Justify why it is important to treat friends and peers with kindness and respect as everyone goes through these changes at different rates. (2 marks)

6. What might happen if someone felt worried about the changes they were experiencing? Identify two trusted adults they could speak to for guidance. (2 marks)

Draw: Draw a 'Growth Map' showing a mountain path. Label the different milestones of growing up (such as gaining new responsibilities, changing interests, and physical growth) as waypoints along the journey. Include a sketch of Nova the owl cheering from a branch nearby.



Extension challenge: Write a short, encouraging letter to your future self, dated five years from now. Describe one positive aspect of growing up you are looking forward to and explain how you plan to look after your own wellbeing during your teenage years.