Growing Up: Preparing for Change

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

Read the front of each flashcard to test your knowledge about the changes that happen as we grow from children into teenagers. Flip the card to check your answer.

What is the term for the time when a person's body begins to change from a child into an adult?	**What are the chemical 'messengers' in the body that cause physical and emotional changes during puberty?**
Puberty	Hormones
Why is it important to increase your personal hygiene routine, such as showering daily and using deodorant, during puberty?	**Max the monkey is feeling a bit moody lately. What is a healthy way to manage shifting emotions?**
Because sweat glands become more active and the body produces more natural oils, which can lead to body odour.	Talking to a trusted adult, writing in a journal, or taking time for a hobby you enjoy.
What does 'independence' mean in the context of growing up?	**True or False: Every person goes through puberty at exactly the same age.**
Doing more things for yourself, such as managing your own time, schoolwork, and personal choices.	False. Everyone develops at their own individual pace.
How can you support a friend who might be feeling worried or confused about growing up?	**What is one example of a 'responsibility' you might take on as you get older?**
By being a good listener, being kind, and encouraging them to speak to a parent or a teacher.	Helping more around the house, managing pocket money, or looking after a pet independently.
Why is it important to maintain a balanced diet and regular exercise while your body is growing?	**Who are the 'trusted adults' you can talk to if you have questions about your changing body?**
To provide the extra energy and nutrients your body needs for physical development.	Parents, carers, teachers, school nurses, or family doctors.
How does your brain change during the teenage years?	**Why is getting enough sleep particularly important during puberty?**
The brain develops more complex thinking skills, helping you to solve problems and understand different perspectives.	Because the body does a lot of its growing and repairing while you are asleep.