Growing Up: The Great Adventure Quiz

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

Join Nova the owl and Max the monkey as they explore the changes that happen as we grow from children into teenagers. Read each question carefully and circle the best answer.

Answer Key: 1. A, 2. True, 3. Hormones, 4. B, 5. True, 6. Hygiene, 7. B, 8. True, 9. C, 10. False. Remember: Growing up is unique for everyone. If you have questions, talk to a trusted adult like a teacher, parent, or school nurse.

Word bank: Puberty · Hormones · Hygiene · Emotions · Independence · Confidence · Respect · Responsibility

1. 1. What is the name for the natural process where a child's body changes to become an adult? A) Puberty* B) Stagnation C) Hibernation D) Migration (1 mark)

2. 2. True or False: Everyone goes through these physical and emotional changes at exactly the same age. (1 mark)

3. 3. What are the chemical 'messengers' in our bodies that trigger growth and changes during this time? (1 word) (1 mark)

4. 4. Which of these is a healthy way to manage the new, strong emotions you might feel? A) Keeping them all inside B) Talking to a trusted adult* C) Ignoring them completely D) Staying awake all night (1 mark)

5. 5. True or False: It is normal for your skin and sweat patterns to change as you grow. (1 mark)

6. 6. What is the term for the daily habits we use to stay clean, like showering or using deodorant, as our bodies change? (1 word) (1 mark)

7. 7. If you feel confused about growing up, who is the best person to speak to? A) Someone you don't know B) A trusted adult like a teacher or parent* C) A stranger on the internet D) Nobody at all (1 mark)

8. 8. True or False: It is important to show respect to your friends while they are also going through their own unique changes. (1 mark)

9. 9. Which of these is a positive part of growing up? A) Having more responsibility B) Learning new skills C) All of the above* D) None of the above (1 mark)

10. 10. True or False: You have to face the changes of growing up entirely by yourself. (1 mark)

Draw: Draw a picture of Nova the owl and Max the monkey sharing a 'Roadmap to Growing Up'. Include labels for things like 'Confidence', 'Kindness', and 'Asking Questions' on the path.

Extension challenge: Write a short poem or a 'Top 3 Tips' list for a younger student explaining that growing up is a normal and exciting part of life.