Growing Up: Your Amazing Journey

1. Hormones. (1 mark)

Working: The text states: 'These changes are triggered by chemical messengers in the body called hormones.'

Award 1 mark for the correct term.

2. Growing taller and skin becoming oilier (or sweating more). (2 marks)

Working: The text lists: 'growing taller', 'skin becoming oilier', and 'start to sweat more'.

Award 1 mark for each correct physical change listed, up to 2 marks.

3. It becomes more important because the body starts to sweat more during puberty. (2 marks)

Working: The text says: 'You may start to sweat more, which makes good personal hygiene... very important.'

Award 1 mark for identifying the increase in sweating and 1 mark for linking it to the need for hygiene.

4. A young person might feel moody because their brain is adjusting to new hormones circulating in their system. (2 marks)

Look for: The link between hormones and the brain's adjustment.

Good: They feel moody because of their hormones.

Better: They feel moody because their hormones are changing and their brain is adjusting to them.

Best: They feel moody because new hormones are circulating in their system, which causes their brain to adjust, leading to sensitive or confused feelings.

What moves an answer up: Moving up requires linking the physical cause (hormones) to the internal effect (brain adjustment/emotions).

5. It is important because it reassures students that they do not need to compare themselves to others, as everyone grows at different times. (3 marks)

Look for: The concept of individual timing and reducing anxiety/comparison.

Good: It is important because everyone grows at different times.

Better: It is important because it stops people from worrying if they are growing faster or slower than their friends.

Best: It is important because it validates that individual development is normal, which helps reduce anxiety about not 'fitting in' or being at the same stage as peers.

What moves an answer up: Moving up requires explaining the emotional benefit of the statement, such as reducing worry or social pressure.

What a secure answer looks like

A secure answer demonstrates an understanding that puberty is a biological process driven by hormones and that individual variation is a normal, healthy part of human development.

If your child is stuck

Encourage the child to re-read the second paragraph specifically, as it contains the direct links between physical changes, hormones, and emotional responses.

Common mistakes to watch for

Children often think there is a 'correct' age to start puberty; emphasize that the range (8-14) is broad and normal. Some may also confuse 'hygiene' with just 'being clean' rather than understanding the specific biological reason (sweat) mentioned in the text.