Growing Up: Understanding Change

1. It is normal because everyone develops at their own individual pace. (2 marks)

Working: The text states: 'Everyone develops at their own individual pace, which is completely normal.'

Award 1 mark for identifying that everyone is different/individual, and 1 mark for stating it is a natural process.

2. 1. Washing regularly with soap and water. 2. Using deodorant daily. 3. Brushing teeth twice a day. (3 marks)

Look for: Three distinct, practical examples of personal hygiene.

Good: You should wash, use deodorant, and brush your teeth.

Better: It is important to wash your body every day, use deodorant to stay fresh, and keep your teeth clean by brushing twice a day.

Best: To maintain good hygiene, you should shower or wash regularly, use deodorant to manage body odour, and brush your teeth twice daily to keep them healthy.

What moves an answer up: The best answer provides specific actions and explains the purpose of the hygiene habit.

3. 1. Taking deep breaths or practising mindfulness. 2. Talking to a trusted friend or adult about how you feel. (2 marks)

Working: Accept any reasonable, age-appropriate coping strategies such as exercise, journaling, or taking time out.

1 mark for each valid suggestion.

4. It is important because trusted adults have more experience and can provide accurate information, reassurance, and support to help you understand that these changes are normal. (3 marks)

Look for: The idea that adults provide guidance, reassurance, and accurate information.

Good: Because they can help you and tell you what is happening.

Better: It is important because they can explain why your body is changing and make you feel less worried about it.

Best: Talking to a trusted adult is important because they can offer guidance and reassurance, helping you to understand that the changes you are experiencing are a normal part of growing up.

What moves an answer up: The best answer links the act of talking to the emotional benefit of reassurance and the factual understanding of the process.

5. False. The text states that 'Everyone develops at their own individual pace'. (2 marks)

Working: The text confirms that development is individual, not a group event.

1 mark for 'False', 1 mark for citing the 'individual pace' evidence.

What a secure answer looks like

A secure answer demonstrates an understanding that puberty is a biological process that varies by individual. Pupils should focus on self-care and the value of seeking support from trusted adults.

If your child is stuck

Remind the child that puberty is just a natural part of growing up, like learning to walk or talk. Encourage them to think about what they already do to stay clean and healthy.

Common mistakes to watch for

Children often worry that they are 'late' or 'early' compared to peers; emphasize that there is no 'correct' time to start. Some may also confuse hygiene with simply 'looking good' rather than 'staying healthy'.