

Puberty and Moving to Secondary School

**Workbook**

|  |
| --- |
| Activity 1: What do you think puberty means? |
| Which definition have you chosen? |

|  |
| --- |
| Activity 2 : Puberty Quiz |
| Number of definition | Letter of body change | Tick if correct |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |
| 6. |  |  |
| 7. |  |  |
| 8. |  |  |
| 9. |  |  |
| 10. |  |  |
| **SCORE** |  |

|  |
| --- |
| Activity 3: Top tips for puberty |
| 1. Write down as many of the tips you can remember from the film clip. How many can you get?

  |
| 1. Can you think of any other useful tips for preparing for puberty or dealing with the changes that take place during puberty?
 |
|  |
| 1. Why might C.J be worried about puberty?
 |
|  |
| 1. List below your top 3 tips to help C.J.’s worries about puberty.
 |
| 1.2.3. |

|  |
| --- |
| Activity 4: Starting Secondary School |
| 1. How might C.J. be feeling?
 |
|  |
| 1. What might C.J. find exciting about starting secondary school?
 |
|  |
| 1. What might C.J. be worried about?
 |
|  |
| 1. How could you help to support C.J.?
 |
|  |

|  |
| --- |
| Activity 5: Tips for Starting Secondary School |
| 1. What could C.J. do to prepare for starting secondary school?
 |
| Over the summer C.J. could…. |
| The night before starting secondary school C.J. could… |
| The first day at secondary school C.J. could…. |
| 1. What could C.J. do during the first few of weeks at secondary school to make the most of the experience?
 |
| 1. Make a list below of 5 people or places that you could go to for support about puberty and moving to secondary school
 |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |