

Puberty and Moving to Secondary School

**Workbook**

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

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| 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** | |  |

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| 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? |
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| 1. Why might C.J be worried about puberty? |
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| 1. List below your top 3 tips to help C.J.’s worries about puberty. |
| 1.  2.  3. |

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