



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

- a. Write down as many of the tips you can remember from the film clip. How many can you get?

- b. Can you think of any other useful tips for preparing for puberty or dealing with the changes that take place during puberty?

- c. Why might C.J be worried about puberty?

- d. List below your top 3 tips to help C.J.'s worries about puberty.

1.

2.

3.

Activity 4: Starting Secondary School

a. How might C.J. be feeling?

b. What might C.J. find exciting about starting secondary school?

c. What might C.J. be worried about?

d. How could you help to support C.J.?

Activity 5: Tips for Starting Secondary School

a. 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....

b. What could C.J. do during the first few of weeks at secondary school to make the most of the experience?

c. 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.