

A large group of diverse cartoon children of various ethnicities and abilities are standing together. In the top right corner, a yellow speech bubble contains the text "READY SET GROW!". In the center, a green banner reads "Session 2". Below this, a white box contains the text "GROWING UP What's happening to my body?". The children are dressed in various casual clothing, and some are using mobility aids like wheelchairs and crutches.

**READY SET
GROW!**

Session 2

GROWING UP
What's happening to my body?

What's happening today

READY SET
GROW!

We'll talk about some big changes that happen during puberty in our bodies. Everyone's experience is different, and that's something we can celebrate!

“

Puberty definition

Puberty is the time when your body starts changing from a child's body to an adult's body. These changes happen to everyone but can look different for each person. It's your body's way of getting ready for the future, and it's totally normal to go through these changes in your own way and at your own pace.

How are you feeling about today's session?

Circle one :



Puberty myth busters recap

READY SET
GROW!

Statement 1

"Puberty starts at the same age for everyone."



Statement 2

"Only boys' voices change during puberty."



Statement 3

"People with disability experience puberty in the same way as others."



Circle whether the statement is true or false.



Video reflection

**READY SET
GROW!**

What's one thing from the video that surprised you?

Why is it important to understand the facts about puberty?

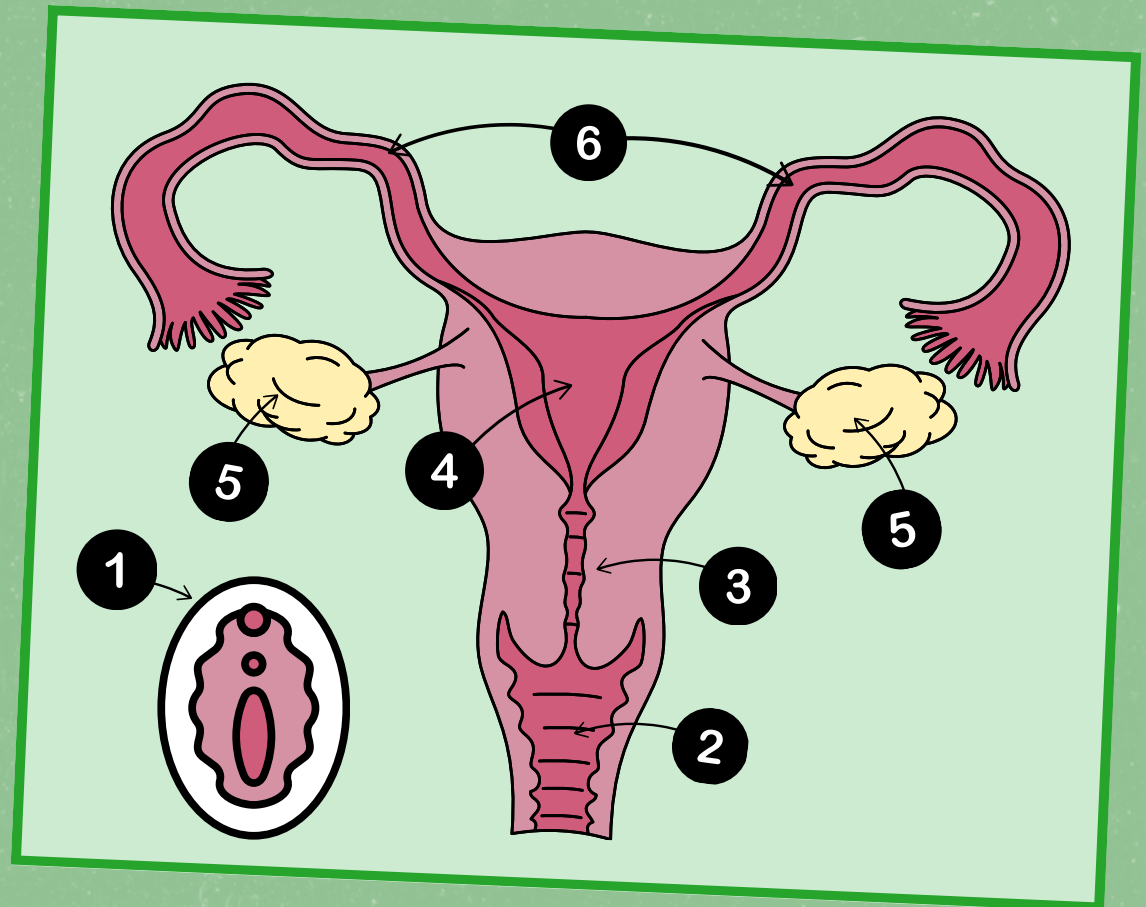
Key learning: Puberty is a unique experience for everyone.
Knowing the facts helps us embrace changes with confidence and empathy.

Guess the body part!

FEMALE REPRODUCTIVE SYSTEM

READY SET
GROW!

- 1
- 2
- 3
- 4
- 5
- 6



Guess the body part!

MALE REPRODUCTIVE SYSTEM

READY SET
GROW!

1

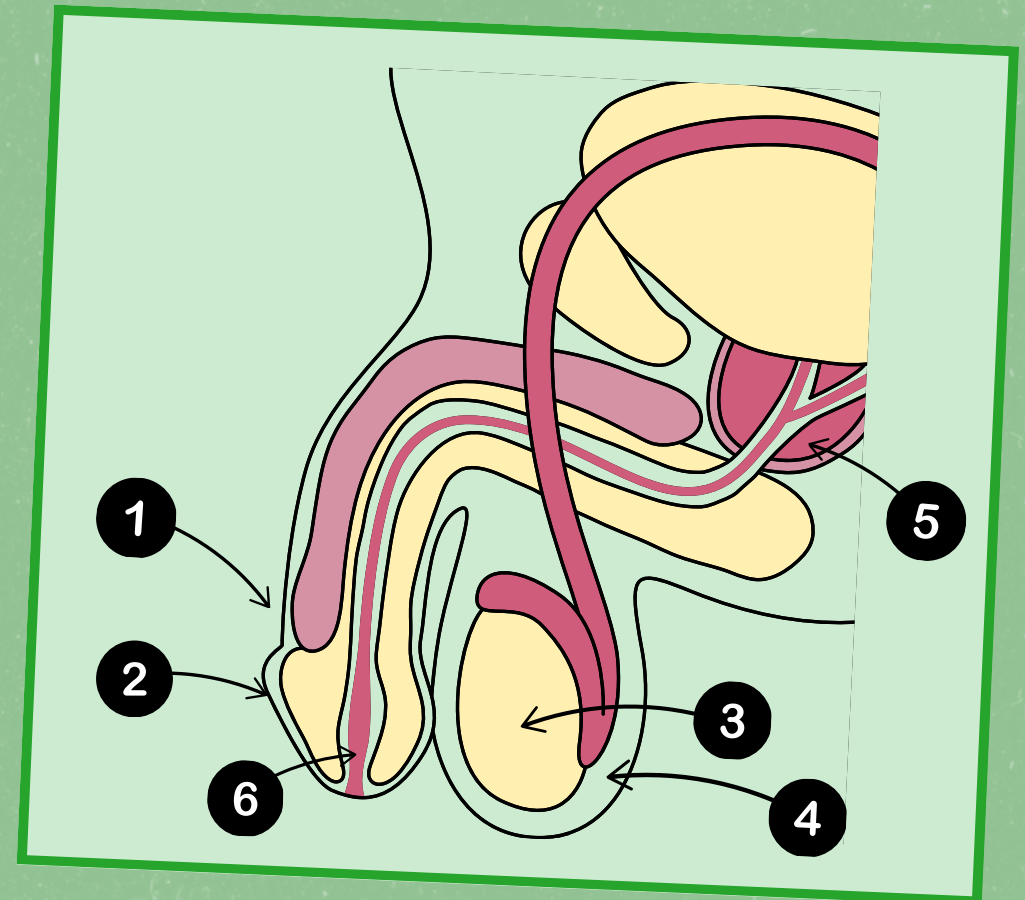
2

3

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6



Role of the female reproductive system

READY SET
GROW!

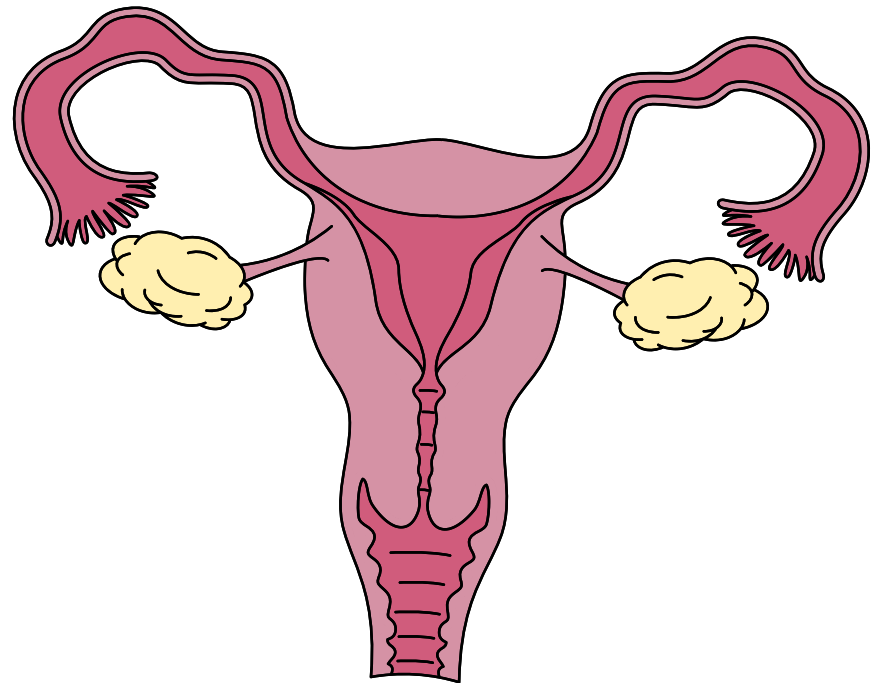
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The female reproductive system helps the body prepare for pregnancy.

The ovaries store tiny eggs. Each month, an egg travels through the fallopian tube to the uterus.

If a male sperm joins the egg, it can grow into a baby. If not, the body removes it, which is called a period.

Special hormones control these changes, coming from the ovaries and the brain.



Role of the female reproductive system

READY SET
GROW!

1

VULVA

The outer part of the female private area. It includes the labia (lips), the opening to the vagina, and the clitoris. It protects the inside of the body and helps with hygiene.

2

VAGINA

A stretchy tube that connects the uterus to the outside of the body. It is where period blood leaves the body and where a baby comes out during birth.

3

CERVIX

A small ring of muscle at the bottom of the uterus. It keeps a baby inside during pregnancy and opens during birth.

4

UTERUS

A muscular organ with a soft lining. If an egg joins with a sperm, it can grow into a baby inside the uterus. If not, the lining leaves the body as a period.

5

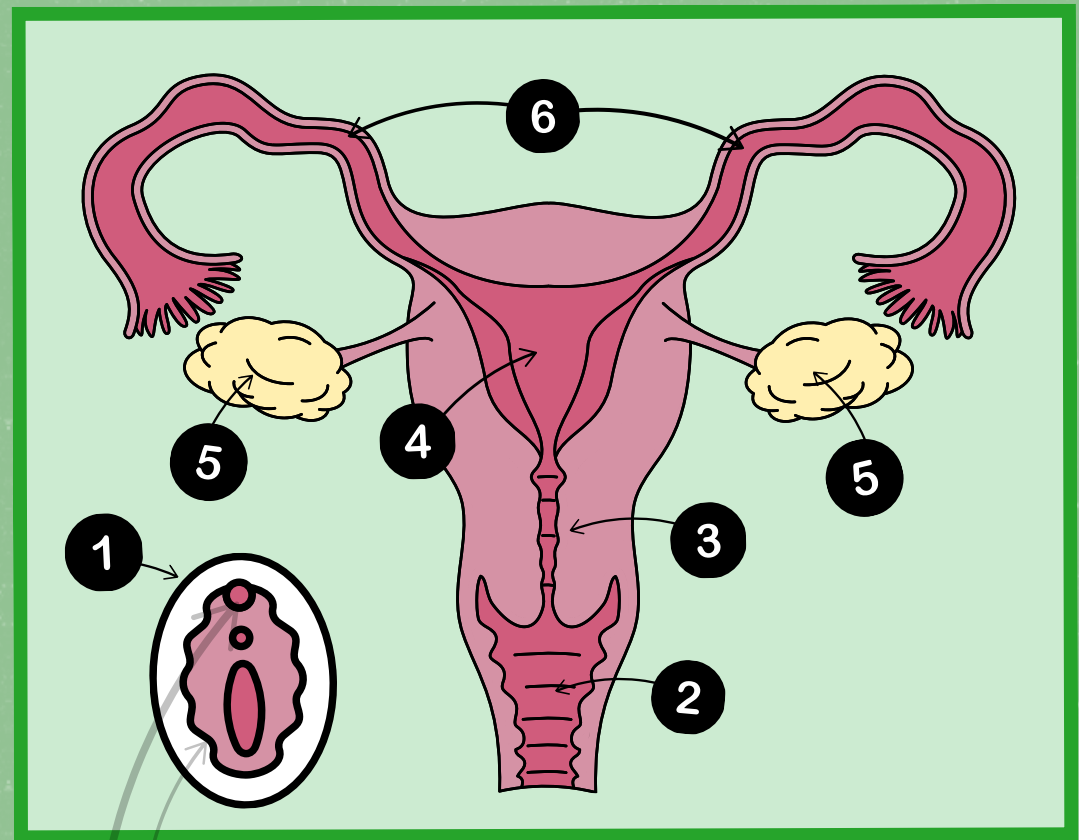
OVARIES

Two small organs in the female body. They hold tiny eggs from birth and release one each month as part of the menstrual cycle. The ovaries also make hormones, which help control periods and other body changes during puberty.

6

FALLOPIAN TUBES

Two small tubes that connect the ovaries to the uterus. This is where the egg travels after being released from the ovary.



LABIA

The folds of skin around the opening of the vagina

CLITORIS

A small, sensitive part at the top of the vulva.

Role of the male reproductive system

READY SET
GROW!

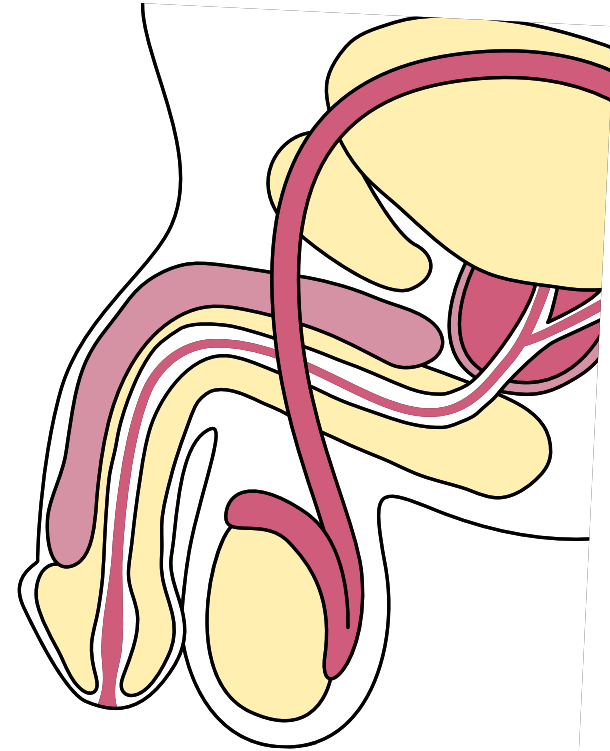
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The male reproductive system helps make sperm.

The testicles produce tiny sperm. The sperm travel through the sperm ducts and pass through the urethra in the penis, where they can leave the body during sexual intercourse.

If sperm joins with an egg from the female, it can grow into a baby.

Hormones control these changes, coming from the testicles and the brain.



Role of the male reproductive system

READY SET
GROW!

1

PENIS

The part of the male body used for urination and sexual intercourse. It's made of soft, spongy tissue with blood vessels. The urethra is inside the penis, and both urine and sperm pass through it to leave the body.

2

FORESKIN

The foreskin is a fold of skin that covers the tip of the penis. It can be pulled back to clean and by doing so, will loosen over time.

3

TESTES

The male reproductive system has two testes. Their main jobs are to make millions of sperm and produce hormones. These hormones help the male body change and grow during puberty.

4

SCROTUM

A bag of skin that holds the two testes.

5

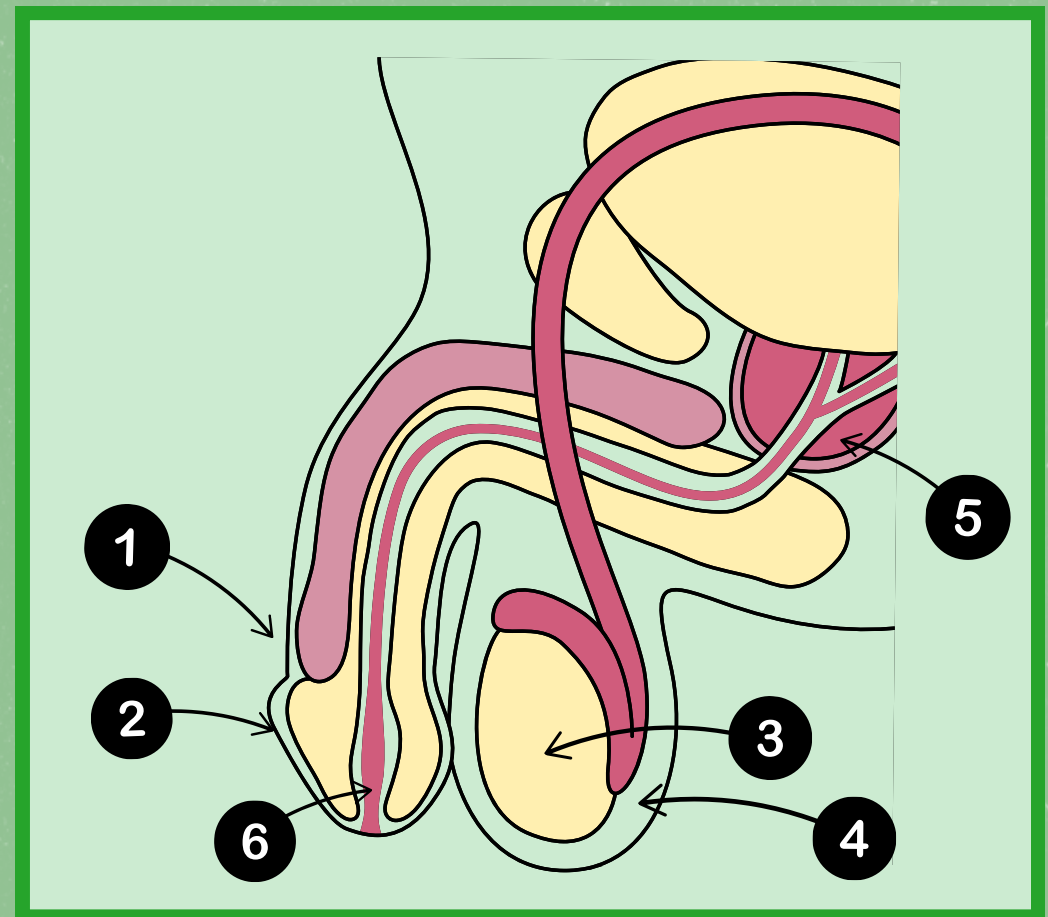
GLANDS

There are different glands in the male reproductive system. These glands make fluids that mix with sperm to give them nutrients and help with urine flow.

6

URETHRA

A tube that carries urine from the bladder and sperm from the testes out of the body through the penis.



**READY SET
GROW!**

Changes to your body

You might grow taller and your body shape will change

Breasts start growing (one might grow faster – that's okay)

Hair grows under arms, on legs, and near your private parts

Your vulva changes and you might get white discharge

You might smell more – time for deodorant!

Skin may get oily and pimples can appear

You'll get your period – a small amount of blood from the uterus each month

Changes to anatomy

Breasts grow and change shape.

The vulva and labia grow, and the vagina produces discharge.

The uterus begins monthly cycles, leading to menstruation (periods).

Changes to feelings

You might feel happy one minute, then annoyed the next – that's normal

You might start liking someone in a special way – that's okay too

You might want more freedom or start questioning rules – that's part of growing up

Your puberty guide

Female

Everyone grows at their own pace

**READY SET
GROW!**

Changes to your body

You might grow taller and get more muscle.

Your voice might crack or get deeper.

Hair grows on your face, body, and near your private parts.

Penis and testicles grow (one may hang lower – that's normal).

You'll sweat more – time for deodorant!

Skin may get oily and pimples can appear.

Erections and wet dreams can happen – this is normal.

Changes to anatomy

The penis and testicles grow.

Testicles begin producing sperm.

Erections and wet dreams become common.

Changes to feelings

You might feel happy, then annoyed – that's hormones!

You might start liking someone or feel new emotions.

You may want more independence or question rules – that's normal.

Your puberty guide

Male

Everyone grows at their own pace

**READY SET
GROW!**

Changes to your body

Arms, legs, and feet grow fast – you might feel clumsy.

Everyone starts puberty at their own time.

Hair grows under arms, on legs, and near private parts.

Skin may get oily and pimples can show up.

You might smell more – shower and use deodorant.

You might feel more tired or sleep longer.

Changes to anatomy

Sweat glands become more active, leading to body odour.

Skin produces more oil, which can lead to acne.

Hair grows in new places (underarms, pubic area).

Changes to feelings

You might feel happy, sad, or angry for no clear reason – that's normal.

Feelings can feel stronger than before.

You might start liking someone or notice changes in friendships.

You may feel ready for new things but also nervous about change.

Your puberty guide

Everyone

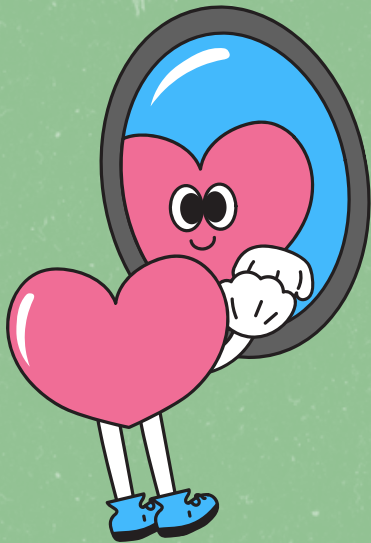
Everyone grows at their own pace

Reflection and wrap-up

READY SET
GROW!

Today, we learned that puberty is a natural journey that looks different for everyone. It's okay to feel unsure or curious—it's all part of growing up.

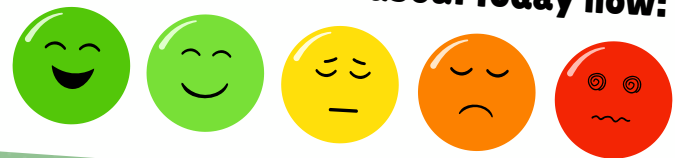
Think about one thing you learned today or one thing you'll share with a friend.



Write or draw your response.



Circle how you feel about today now:



Congratulations

You have just completed...

READY SET
GROW!

Remember, you're not
alone, and it's okay to
ask questions.

Session 2

GROWING UP
What's happening to my body?



A vibrant illustration of a diverse group of children of various ethnicities and abilities. In the top row, children are shown from the chest up, wearing different clothing and headwear like a hijab. In the bottom row, children are shown from the waist down, including some sitting on the floor, some using a wheelchair, and some using walking sticks. The background is a soft green with faint outlines of more children.

**READY SET
GROW!**

Session 2

Take home challenges!

On the next pages, you'll find two **optional** activities to try at home:

- **Quiz:** Test your knowledge and see what you've learned.
- **Take-home activity:** Complete a fun challenge on your own or even better, with a family member.

Have fun, and remember—you're always growing and learning!

PS...You can find the answers to the quiz at the bottom of the take-home activity page.



Quiz time

READY SET
GROW!

MULTIPLE CHOICE

1. What are some physical changes that may occur during puberty?

- A. Growing taller
- B. Developing body hair
- C. Changes in skin
- D. All of the above

Your answer:

TRUE OR FALSE

2. Everyone experiences puberty in the same way and at the same age.



Your answer:

SHORT ANSWER

3. Name one strategy for managing physical changes during puberty.

Your answer:

MULTIPLE CHOICE

4. Why is it important to use trusted health information sources during puberty?

- A. To learn accurate information about changes and self-care
- B. To avoid believing myths and misconceptions
- C. To feel confident in managing changes
- D. All of the above

Your answer:

MATCHING

5. Draw a line to match the change to the type of change it represents:

Growth spurt	Emotional
Mood swings	Social
Developing independence	Physical

TRUE OR FALSE

6. Menstrual periods mean a person is ready to have a baby.



Your answer:

MULTIPLE CHOICE

7. What should you do if you feel embarrassed or confused about changes during puberty?

- A. Ignore it
- B. Talk to someone you trust
- C. Search for answers from reliable sources
- D. Both B and C

Your answer:

REFLECTION QUESTION (OPTIONAL)

8. How can understanding the changes during puberty help you support yourself and others?



Puberty Jam



**READY SET
GROW!**

Take home activity

Puberty Jam – Create a Song or Dance!

- Pick a Tune – Choose a favourite song or beat.
- Make Some Lines – Write or sing some short lines about puberty or body changes (e.g. “Ovaries hold eggs, testicles make sperm”).
- Add Dance Moves – Make a fun move or gesture for each line.
- Perform It! – Show it to someone at home or just have fun with it yourself.

Here's a fun activity you can try at home! You can invite anyone in your family to join in, or you can do it on your own—it's completely up to you and totally optional.