

CREDEENCE HIGH SCHOOL

Growing with Confidence: Understanding My Changing Body, Mind & Choices

GRADES
6-8

DATE
Thursday, 1st July 2026



● INTENT

The session aimed to equip students with accurate, age-appropriate knowledge about puberty while normalising the physical, emotional, and social changes they experience during adolescence. It sought to promote positive body image, healthy habits, emotional wellbeing, and informed decision-making. It also addressed the various physiological changes observed during puberty including when to see a medical professional.

Students were also encouraged to develop confidence in seeking support, respecting boundaries, and making choices aligned with their values.

● EXPERIENCE

The session provided a safe, respectful, and interactive environment where students explored common questions and misconceptions about growing up. Discussions focused on body changes, emotions, peer pressure, healthy masculinity/femininity, personal boundaries, and self-care and hygiene, helping students recognise that everyone's developmental journey is unique.

Practical strategies for maintaining physical health, managing emotions, and seeking support were also shared.

● INSIGHT

Students gained a deeper understanding that puberty is a natural and individual process that should not be compared with others. They recognised the importance of self-respect, empathy, healthy relationships, and making responsible choices despite peer influence.

The session reinforced that true confidence comes from embracing one's individuality, practising healthy habits, and reaching out to trusted adults when support is needed.

