This comic is about how we change as we grow up - let's find out together.

Can you think of a name for me?

Ask an adult to help you with this comic. WOOF WOOF!!
Me as a baby

These are my friends Joe and Nisha

I’d like to know more about you. What did you look like when you were a baby?

Draw a picture or stick a photograph of you as a baby here.

When I was a baby

I was ....... months old

I was ....... cm tall

I weighed ....... kg

When babies are first born, can they?

Talk

Drive a car

Cry

Eat chips

Draw a circle around the right answers

Nisha when she was a baby
Draw a picture or stick a photograph of you now in this box.

What do you look like now? Have you changed much?

I am .......... years old
I am .......... cm tall
I weigh .......... kg

My hair colour is
My eyes are
My favourite colour is

Colour in the circles above

Nisha and Joe now
My family

Who else is in your family?

Draw the faces of some of the people in your family. Who are you going to choose?

All families are different
My friends

I like Nisha because she is funny. I like Joe because he is kind.

What do you think makes a good friend? Colour in the circles below to show how you like your friends to be.
What do you think you will be like when you are older?

Write YES or NO.

Will you have big feet? ______
Will you have a pet? ______
Will you eat peas? ______
Will you have a hairy face? ______
Will you be taller? ______
Will you have long hair? ______
Will you go to school? ______
Will you be heavier? ______
Will you have hairy legs? ______
When it’s summer Nisha and Joe love playing in the garden. Nisha’s mum often gets out the paddling pool and sits in the garden with them.

Colour in the picture

Nisha and Joe know that boys and girls have different parts of the body. Can you name them?
Girls’ bodies

Draw a line from the words in the boxes to the body parts.

Head
Arm
Foot
Leg
Hair
Nipples
Hand
Vagina

Do you know what all the parts of the body are called?
Can you see any differences between boys and girls?

- Head
- Hand
- Arm
- Leg
- Testicles
- Hair
- Nipples
- Penis
- Foot
Nisha feels sad now. What could she do to make herself feel better? You can ask a grown up what they think.

Colour in the star you think is the right thing for Nisha to do. You can colour in more than one star.

⭐ Ask to play with someone else
⭐ Tell an adult
⭐ Sit and watch on her own
⭐ Something else (write what you think)

As you grow up, you'll have lots of choices to make. Joe and Nisha have to make choices. Can you help them?
Joe’s story

Don’t go out of the garden gate.

We’re going to the park. Come on Joe.

Joe is not sure what to do.
You can ask a grown up what they think Joe should do.

Colour in the star you think is the right thing for Joe to do.
You can colour in more than one star.

⭐️ Go to the park with his friends
⭐️ Ask his dad if he can go to the park
⭐️ Stay in the garden
⭐️ Something else (write what you think)
This comic is designed to help children start to talk about growing up and understanding differences between girls’ and boys’ bodies. It also introduces them to the idea that growing up is about changing relationships within a circle of friends and family. It has been written for children aged 6–7.

Teachers can use this comic to introduce the class to the idea of growing up. Parents/carers can also read this comic with their child and help them to fill it in.

Children want to be able to talk about body differences, feelings and relationships. Most children would like their parent/carer to be the first person to talk with them about these issues. Importantly, children need this information and the chance to talk about it before their bodies start to change with the onset of puberty. If children don’t talk about growing up they may pick up the idea that it is scary or shouldn’t be talked about.

At six and seven children like to learn about their bodies and they like to find out how things work and how they’re made.

This comic helps children to take small steps towards talking about important personal issues. It helps to answer basic questions and begins a gradual process that will continue until they have grown up.

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