



Let's grow with Nisha and Joe



This comic belongs to...



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

Me now



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
favourite
colour is

My eyes
are



Colour in the
circles above



Nisha and Joe now



My family

Who else is
in your family?

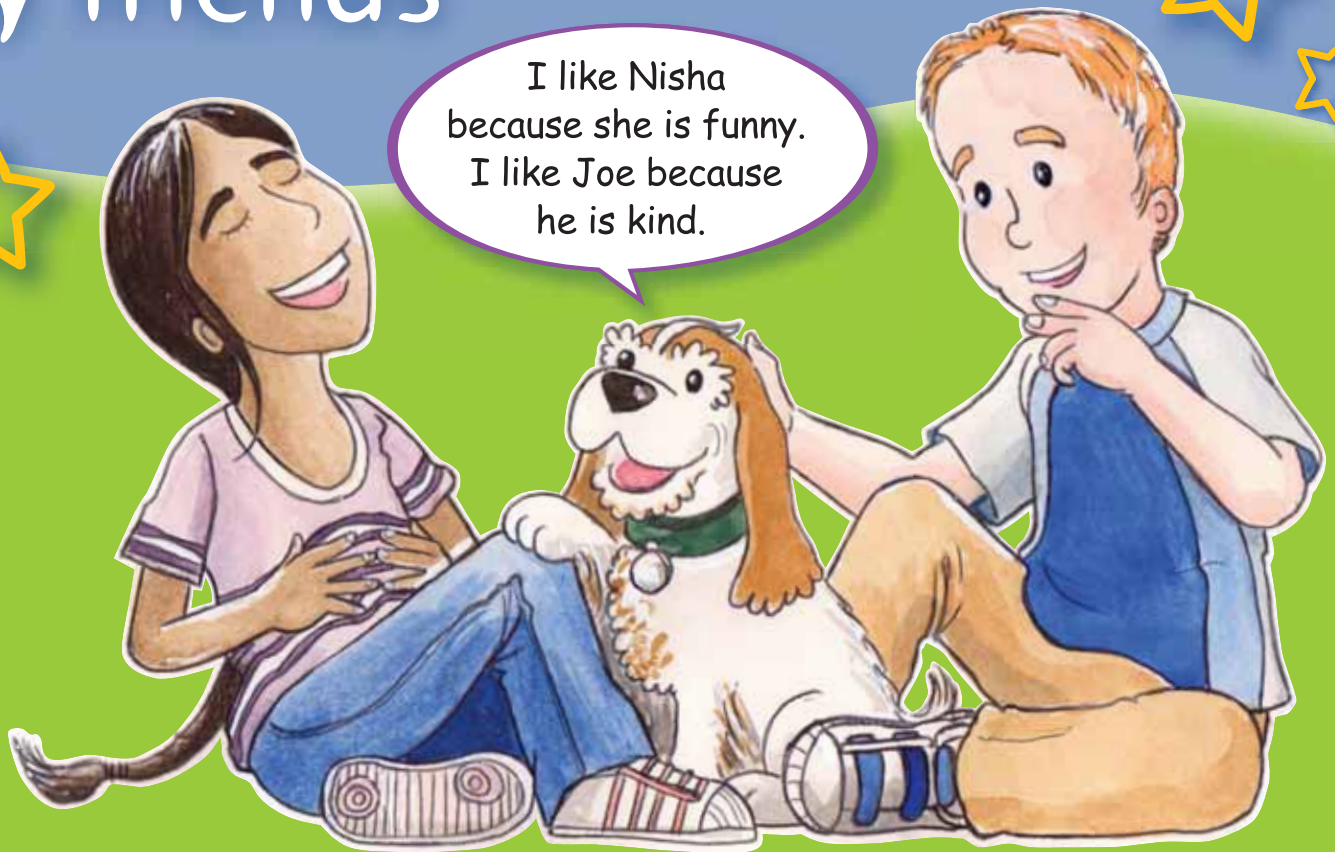


Draw the faces
of some of the people in
your family. Who are you
going to choose?

All families
are different



My friends



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



When you grow up

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? _____



Your body

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

Hair

Arm

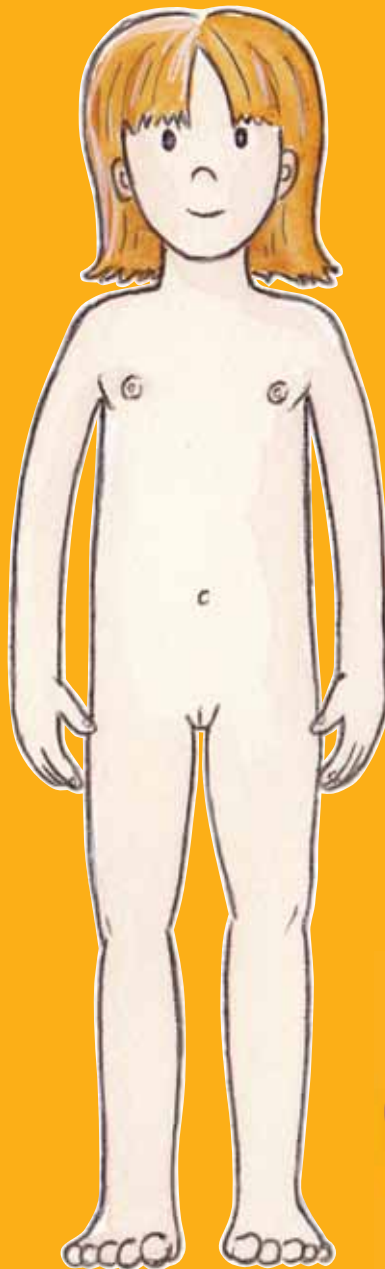
Nipples

Foot

Hand

Leg

Vagina



Do you know what all the parts of the body are called?



Boys' bodies



Can you see
any differences between
boys and girls?

Head

Hand

Arm

Leg

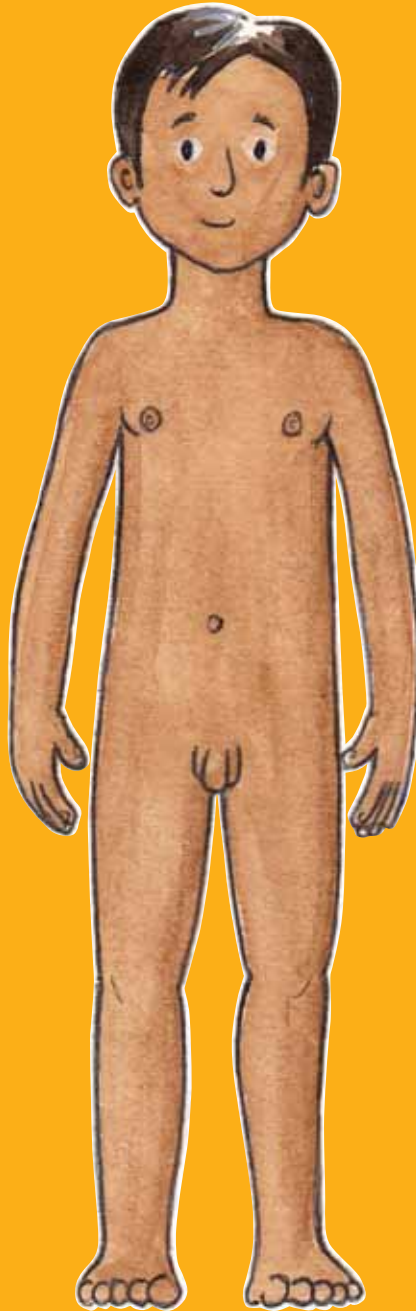
Testicles

Hair

Nipples

Penis

Foot



Nisha's story



Can I play?



No, we don't like you!



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.

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



Ask to play with someone else



Tell an adult



Sit and watch on her own



Something else (write what you think)



Joe's story



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)



For teachers, mums, dads and carers



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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