

ASK YOUR ADULTS

Directions: Please pick a trusted adult at least 18 years old to interview for this activity. It could be a parent, an older sibling, a trusted family member, or another adult you trust. Ask them the questions below and write down their answers. Don't worry if you don't get to write down everything they say. The most important thing is to have a conversation together. Some of this information is personal, so your answers will be kept private.

Student's Name: _____ Trusted Adult's Name: _____

Talk #1. **Due:** _____ **Adult signature:** _____

1. Puberty is the process during which a person's body changes from a child into an adult. How old were you when you started going through puberty? What were your questions about puberty? Who did you talk to?

2. What was the best thing about puberty? What was difficult about puberty and how did you handle it?

3. Sometimes people use the internet to find out answers to their questions about puberty. Is there anything you want me to know about using the internet, especially when you are not around?

4. If you are not around and I have questions, who would you want me to talk to?

Continue on other side



Talk #2. **Due:** _____

Adult's signature: _____

5. Friendships during puberty can be tricky. What advice do you have for me as I try to be a good friend?

6. If someone says something to me or touches me in a way that makes me feel uncomfortable, what would you want me to do?

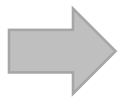
7. What can we do to help us be able to talk more openly from now on?

Thank you for having this important conversation! Almost done...



Check out these great parent resources to help continue this important conversation:

Health Connected:	www.health-connected.org/parents and www.lets-talk.how
Essential Access Health:	www.talkwithyourkids.org
Advocates for Youth:	www.advocatesforyouth.org/parents-sex-ed-center-home
Palo Alto Medical Foundation:	www.pamf.org/preteen



This section below is for your trusted adult to fill out after completing the interview.

I have talked through all of the questions on this homework sheet with my student.

Adult signature: _____

Do you think this homework helped you and your student talk more openly about puberty, health, and safety? YES NO

If you would like more information, resources, and updates from Health Connected, please provide your email address. **This information will not be shared with any other organizations.*

(Optional) Adult email: _____