

Student _____

Parent/caregiver _____

Take Home Activity #1

What Puberty Felt Like for Me

In class, we talked about the **emotional** and **social changes** that happen during puberty. For this activity, ask a parent, caregiver, or another trusted adult to tell you about some of the changes they went through during puberty. This is a chance to hear real experiences, see how everyone's experience can be different, and practice talking openly about these topics.

Step 1

Share this activity with a parent, caregiver or other trusted adult. It can be done in person or over FaceTime or the phone.

Step 2

Ask your adult to answer the questions below. You don't have to write anything down, you can just listen.

1. Do you remember having **mood swings** or sudden feelings of **anger, anxiety** or **sadness** during puberty? What was that like for you?
2. Did you have feelings about your **appearance** or **body changing** during puberty? What were some of those feelings?
3. Do you remember wanting more **independence, alone time** (including with friends) and/or **privacy** during puberty? What do you remember about these feelings during that time in your life?
4. Do you remember having **crushes (feelings of attraction)** during puberty? What do you remember about these types of feelings during that time?