



Student _____

Parent/Caregiver _____

Ask An Adult Activity #3

Puberty Interview

In class we talked about the physical, emotional, and social changes of puberty. This activity will focus on your parent/caregiver (or another trusted adult) and their experience with the physical changes of puberty.

Step 1

Share this activity with a parent/caregiver or another trusted adult. It can be done in person or over the phone, FaceTime, Zoom or even text—any type of communication that is most comfortable for you both.

Step 2

Ask your adult the questions below. If you or your adult aren't comfortable with a specific question, you can skip it. You don't have to take notes.

1. Was there a physical change during puberty that you were excited about? What made it positive or exciting?
2. Was there a physical change during puberty that you found challenging? What made it challenging for you?
3. Describe your experience talking about puberty with your own parents or the adults in your life. What did you find helpful or supportive in talking with your parents or other adults about puberty? What would you change about your experience if you could?
4. What is something you wish an adult had told you about puberty (or about growing up in general) when you were a child or teenager?