



Student_____

Parent/caregiver _____

Ask An Adult Activity #1

What Puberty Felt Like for Me

During class we talked about the **emotional** and **social** changes of puberty. During this activity you'll ask a parent/caregiver (or another trusted adult) to share their own experience with you about some of the emotional and social 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 to answer the questions below. If you or your adult are uncomfortable with any specific question, you can skip it. You don't have to write anything down.

1. Do you remember having mood swings or sudden feelings of anger, anxiety or sadness during puberty? What was that like?
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 those feelings during that time in your life?
4. Did you have feelings of physical and/or emotional/romantic attraction for anyone during puberty? What do you remember about those feelings and that person/those people during that time?