

Student _____

Parent/Caregiver _____

Ask An Adult Activity #3

Puberty Interview

In class we talked about the **physical changes** of puberty. For this activity, ask a parent, caregiver, or another trusted adult to share their experience with the **physical changes** of 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. 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? Is there anything you would change about your experience talking about puberty with the adults in your life?
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?