

Puberty PRIDE Chat – For Girls

Hey ladies! Want to know more about what it was like for your expert to go through puberty? Remember, they know what it's like, they went through it too. Of course, it can sometimes be difficult to start talking to your expert. You might feel nervous or unsure about how to begin. You could use this Chat form to help you start the conversation.

Begin by asking the questions below; you'll be amazed at how easy it can be.

1. Talk with your expert, parents or family members or even teacher's, doctors or clergy, about what you learned about puberty today. Ask your parent/family to share what puberty was like for them when they were your age. Write down what they say.
2. Ask your expert what they think you should know about puberty and growing up. Write their response.
3. Where did you learn about puberty from? Do you wish you had gotten information from other sources? Who did you talk to when you had questions about growing up? Did you have questions you were too embarrassed to ask?
4. What did you want to be when you grew up?
5. What was the greatest pressure you experienced when you were my age?
6. Did you hit puberty earlier, at the same time, or later than your friends? What was that like for you?
7. How did you feel when other people noticed or talked about the changes in you?
8. What were some things you liked and disliked about being a girl when you were my age?
9. What do you like and dislike about being a woman now?
10. Has being a young girl changed at all since you were my age? How?

Show your parent the pamphlet you got at the session. Read the pamphlet together. What did **you** like about it?

Need a little more help?
Sexuality Education and Counseling Services is here for you:
631-478-7301~www.secstalk.org

Puberty Chat – For Experts

Communication between parents and children is one of the key components to a youth's healthy development. When there is open dialogue and a feeling of trust, youth are more likely to make healthy choices that fit with the values you hold.

When it comes to growing up, however, talking can become complicated. Young girls sometimes aren't sure how to begin the conversation, and you might feel just as nervous as they do tackling things like puberty, relationships, and the developing bodies you see before you. You can use this form to help start the conversation ... you'll be amazed at what communication can develop from there!

1. How are you feeling lately about yourself, your friendships, and all the changes that are going on inside your body?
2. Are you developing earlier, later, or at about the same time as your friends? How do you feel about that?
3. What do you like about the way you look?
4. What are the biggest pressures you are feeling right now?
5. How have you changed as a person in the last two years?
6. What are some of the things you are excited or scared about happening in the next two years?
7. What questions do you have about growing up and going through puberty?
8. Do you feel like you can talk to me about things like going through puberty, growing up, and the changes that are taking place in your body? What would make you more comfortable talking to me?
9. Who are some other people in our family or community that you feel comfortable talking to in case I'm not around?

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