

Puberty Interview

Objective:	Participants will discuss puberty with an adult that they trust in order to develop a support system.
Structure:	Homework assignment: interview with an adult.
Materials:	Puberty Interview handout.

Note: Some young people may be unable to complete this assignment with their parent(s) or guardians(s). Allow them the opportunity to complete the assignment with another trusted adult such as an aunt, uncle, sports coach, or member of the clergy.

Procedure

1. **State** that puberty can be an exciting, confusing, and tumultuous time. This activity will encourage participants to seek out an adult of the same sex, that they trust (e.g. parent, guardian, aunt, uncle, neighbour, etc.), in order to discuss the changes associated with puberty, thereby creating a venue for discussion and support.
2. Some of these questions may be too personal or embarrassing for an adult to answer. **Encourage** participants to share the interview guide with the adult in advance of the interview. That way, the adult can prepare what questions s/he is willing and able to answer and discuss.
3. Rather than handing in a completed interview guide, **ask** participants to hand in the Declaration of Completion. That way, privacy is maintained for the participant and the adult s/he interviewed, while providing proof that the homework exercise was completed.
4. **Conclude** with the following questions:
 - How easy/difficult was the activity?
 - Did the answers surprise you?
 - What did you learn by doing this activity?

Handout

Puberty Interview

Instructions: Pick an adult of the same sex, that you trust (e.g. parent, guardian, aunt, uncle, neighbour, member of clergy, etc.), to interview. Using the following questions as a guide, discuss the following:

1. What is the best thing about growing up?
2. How old were you when you started puberty? What changes did you experience?
3. How did you handle the stress and embarrassment sometimes felt during puberty?
4. How did you feel about boys/girls when you were my age?
5. What did you like best about your body and your looks when you were my age?
6. When did you start to feel grown up?
7. When did you have your first kiss?

(Detach and hand in this slip only)

We completed the “Puberty Interview” homework assignment.

Participant

Adult Support Person