

Social Health Unit: Guidelines for Discussion

- **Treat the subject seriously.** Sometimes, when people feel nervous or embarrassed, they giggle or laugh. It's okay to feel that way, but let's talk about puberty without getting silly. Humor is okay and fun as long as it isn't used to make fun of someone.
- **Use the correct terms for body parts and functions.** If you don't know the correct term, it is okay if you use the slang term to ask a question. Then, I will tell you the correct term, and you can use it from then on.
- **Respect other people and their ideas.** Avoid making fun of others, laughing at others, or putting other people down. Avoid gossiping by not repeating with other people have said or shared. It is fine to talk about what you learn with your parents and other trusted adults.
- **Avoid personal questions and stories.** I will not ask you to share personal things, and I will not answer personal questions about myself. It's important NOT to tell personal stories or use people's names when asking questions. Instead of using someone's name, say "someone I know" that way you won't embarrass others.
- **Ask questions.** Questions are good. If you have a question, there are probably other students who have it too. If you have a personal question or concern, you can always go to a trusted adult such as your mom, dad, another family member, teacher, counselor, or an adult friend.
- **Right to Pass.** Some topics can be challenging to talk about and may bring up strong and uncomfortable feelings. If you are uncomfortable sharing, then everyone has the right to pass.
- **Remember:** Abstinence is the only method that is 100% effective in preventing pregnancy, sexually transmitted diseases, infection with HIV or AIDS.