this is so awkward

Book Club Kit



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Discussion Guide

Questions for Educators

1. Talking about puberty and relationships often gets put into a corner (*that* class) at school, yet these transformations affect interactions across the school community. Have you noticed changes in your students' experience of puberty over the course of your career? If you're a newer educator, how have your students' experiences differed from your own?
2. The authors write that "The Talk" about sex has been replaced with hundreds of tiny conversations about sex, yes, but also about all of the changes in the body and the brain, in relationships and emotional experiences, that happen during this time. How have you seen this play out in the classroom?
3. Are there specific chapters or themes you think will be of particular value to how you educate your students?
4. Are there particular chapters that you wish the parents of your students—or the students themselves—would read? Is there information you wish they understood more clearly?
5. If you are tasked with teaching health education, how do you make space for a variety of cultural norms or practices—for instance, when it comes to topics like hygiene and grooming. What are some strategies you use to leave personal judgments out of the conversation?
6. Health education teaching has historically focused on female anatomy and periods. Given the breadth of issues faced by boys, is there a way to broaden the focus to be more inclusive? How do you feel about teaching the genders together versus separately? Have you taught gender-fluid students and, if so, has it been in an all-gender classroom or in rooms divided by gender?
7. As an educator, it can be particularly challenging to remember that a kid is young when they look especially old for their age, and yet this is exactly what has evolved as puberty has stretched over a longer period of time. What are some strategies you use to avoid falling into this pit?
8. What new information did you learn from reading *This Is So Awkward* that will change your approach in the classroom?
9. Are there specific biological explanations offered in the book that your students will find fascinating?
10. The authors write, "Just under half of all teenagers in the U.S.—49.5%—have been diagnosed with a mental illness or mental health struggle." How have you found yourself supporting the mental health of students in your classroom? Has your approach changed recently? Or the frequency of mental health issues you are seeing?