this is so awkward

Book Club Kit



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Discussion Guide

Questions for Parents

1. What surprised you most about how puberty has changed since you went through it?
2. Is there any throughline, any consistent truth, about puberty that actually hasn't changed over the generations?
3. The book argues heavily that we shouldn't gender puberty—everyone should learn about all bodies and we should focus on the common threads. However, there are certainly differences between bodies. What do you think is the biggest puberty issue facing girls? How about boys?
4. If conversation is the key to helping a kid (and an adult!) get through puberty with less discomfort and more ease, how does the timing of a kid's puberty affect the way adults should talk about it? Should they use different conversational tactics with an early bloomer vs. an average bloomer vs. a late bloomer?
5. What is most valuable about the sections throughout the book written by young adults ("From People Just Out the Other Side")?
6. How can you model treating all kids according to their chronological age instead of basing your approach on how old they look?
7. Reflect on conversations you've already had with your child about puberty. Where would you take a do-over and why?
8. What strategies can you use to open conversations with a tween or teen while still letting them lead the way?
9. Since they do as we do and not as we say, what's one thing you might change about your own behavior in an effort to get your kid to adjust theirs?
10. What conversations from *This Is So Awkward* are you most nervous to have? What are some strategies you'll use from the book when the moment arrives?