

Puberty Information

Getting Questions Answered



Why is puberty confusing?



Pose this question to students.

Possible responses: boys and girls experience puberty at different ages, hormones affect feelings, some students are not told about it before it happens and the changes scare them, there are extra social pressures

What questions are asked?

Why am I smaller than everyone else?

Why am I in a bad mood all the time?

Why is my voice cracking?

Why am I so clumsy lately?

Why is puberty so scary?

Who will give me the
best information and advice?



Pose this question. Let them know there are adults in their lives who are trustworthy and honest. They include parents, guardians, school nurses, grandparents, counselors, coaches and faith-based leaders.

Are friends and peers
a good source of information?



Sometimes our peers are great sources of information and advice, and sometimes they are not. Often our friends are just repeating misinformation or making guesses. It is always a good idea to ask a trusted adult to make certain information gained from peers or other sources is accurate.