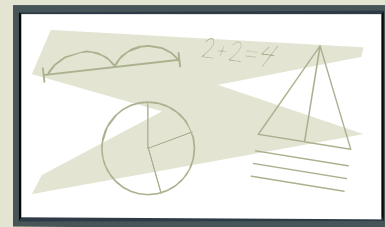




Big Changes, Safe Conversations: A Guide to Puberty for Parents



Please grab a name tag and sit
anywhere

September 30, 2026

Plan

1. Grounding & share
2. Review the “why” & “what”
3. Changes Sorting Activity
4. Student Voices
5. Conversation Stations
6. Resources
7. Exit survey



Consider & share about your own upbringing & experience with puberty

1. How empowered were you to ask questions?
2. Were you guided on where to find accurate, scientifically sound information?
3. Were you encouraged to share your learning at home and discuss family values around sexuality and expectations?
4. Were you taught in a way that allowed for self efficacy, healthy decision making, and bodily autonomy?





Why

- Understanding one's body as a human right
- Empathy in understanding classmates (and shared) experiences
- Reliable information and foundational skills
 - Knowledge is power
- More than six in 10 women aged 18 to 24 (63%) say they have learned more about women's health from social media than they did in school*
- About 30% of women (US) first learned about their menstrual cycle when getting their period*
- Aligned with MS Health standards

*Data gathered from a US study linked [here](#)

Gr. 2 & 3 Learning

Personal Body Safety Lessons

- Bodily Autonomy – consent
- Identify trusted adults at home and school
- Learn anatomical correct names for private body parts
- Practice assertiveness – setting boundaries



Gr. 4 Learning

- Describe the changes that occur at puberty and the emotional and social impacts
- Understand why these changes take place
- Understand personal care needs and apply hygiene practices with the onset of puberty
- Learn to identify characteristics of healthy relationships by discussing respect, consent, and personal boundaries.

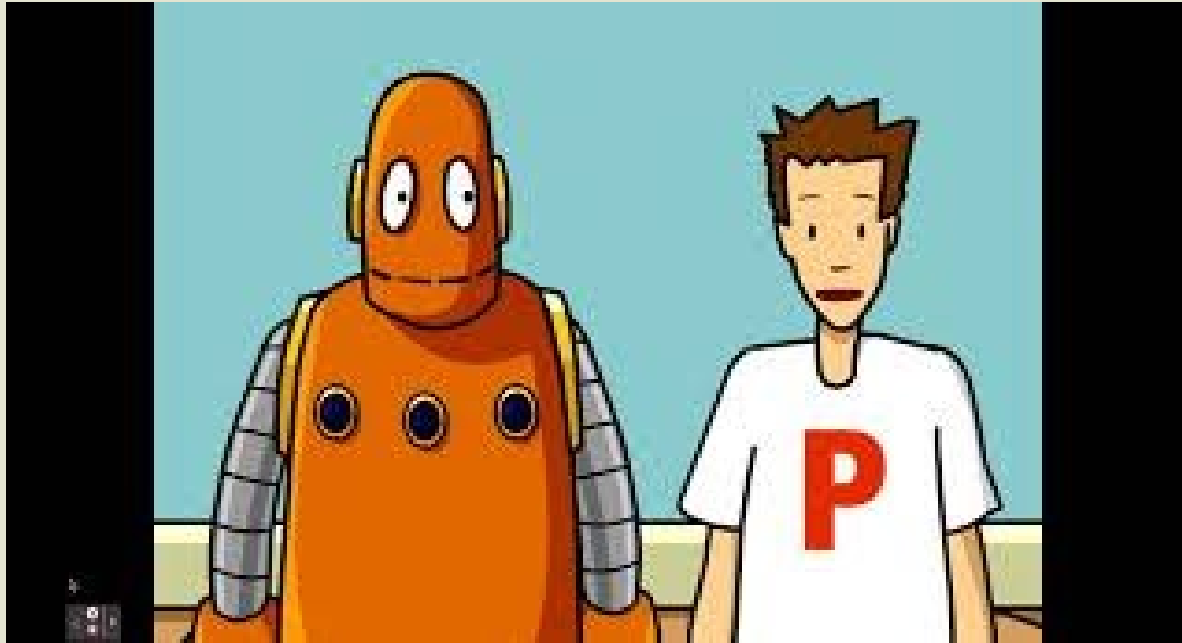


Gr. 5 Learning

- Identify the parts of the reproductive system
- Describe the process of menstruation and spermatogenesis and how these relate to reproduction and development
- Describe the emotional and interpersonal stresses related to puberty, recognize signs that could indicate MH concerns and strategies to manage stress
- Understand their role and limits of their role in helping others



What is Puberty





Activity



Changes During Puberty

Many changes occur during puberty. Decide where the change best fits.

Voice Deepens

Menstruation

Sweat starts to
Smell

Hair texture
changes

Acne

Peer pressure
increases

Hips widen

Physical Changes	Emotional Changes	Social Changes



What students already know

Grow taller

Voice changes

Body hair (in unexpected places)

Pimples

Crushes

Get emotional

Mood Changes

Anatomy grows

Anxiety

What students want to learn more about?

Will you run faster if you have puberty?

The differences between what girls and boys go through

Why do girls have periods?

What will change?

What will it feel like when you have a period?

More about taking care of your body?

What does it look like on the inside?

I want to learn when your voice changes, does it change in one day or slowly each day?

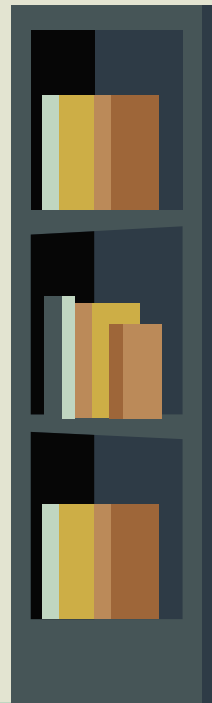
Is going through puberty hard?

Why do we go through puberty?

Is puberty something bad?



**Are you prepared
and comfortable?**



LITTLE
KIDS.

BIG QUESTIONS.



amaze
PARENTS



LITTLE
KIDS.

BIG QUESTIONS.

amazon
PARENTS





Conversation Stations

Rotate through 4 stations to practice different ways of talking with your child(ren).

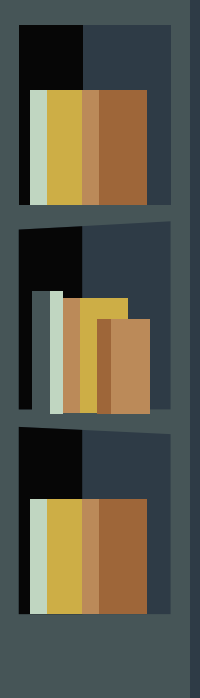
Station 1: Books

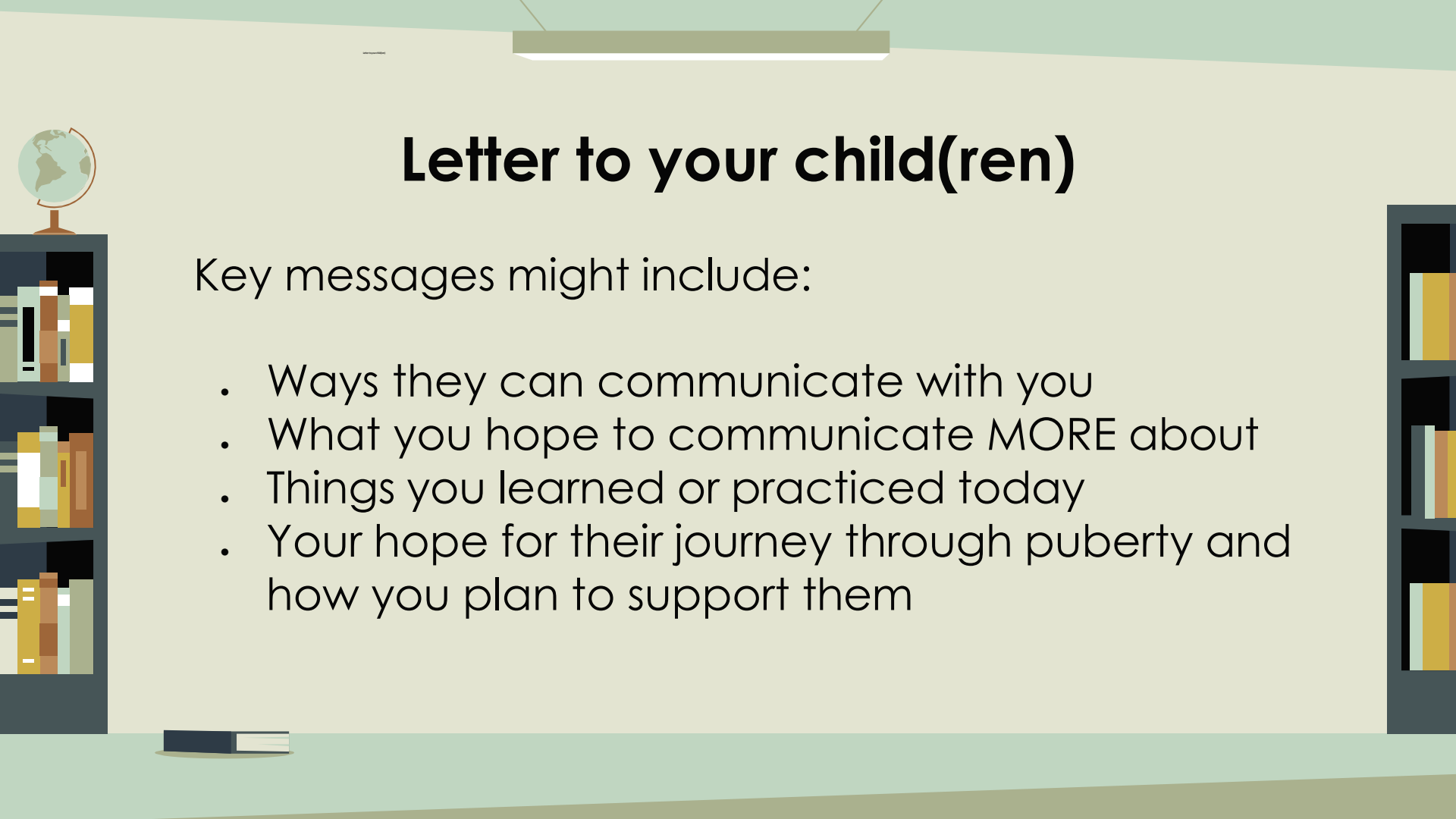
Station 2: Puberty Toolkit

Station 3: Role-Play

Station 4: Venn Diagram

*Scripts borrowed from “Having the Talks” resource at www.amaze.org/parents/





Letter to your child(ren)

Key messages might include:

- Ways they can communicate with you
- What you hope to communicate MORE about
- Things you learned or practiced today
- Your hope for their journey through puberty and how you plan to support them

Sample Letter

My dear child,

I want you to know that you can always talk to me. You can ask questions about your body, your feelings, or anything that is on your mind. If it feels hard to talk, you can write to me or start slowly—I am here to listen.

I hope we can talk more about growing up, friendships, and the changes that happen during puberty. Today, I learned that these changes are normal and that it's important for me to listen carefully and share clear, honest information with you.

My hope is that you feel confident, safe, and supported as you grow. I promise to walk with you, answer your questions, and help you make healthy choices.

I love you and am always here for you.

Love,

Your parent

Resources

- Each other
- Counseling Dept and HR teachers, nurses
- Library
 - “A Kids Book About” series
- [Amaze.org](#)
- [Kidshealth.org](#)
- [This is So Awkward](#) podcast
- [Sex Positive Families](#)
- [Sexual Development G4](#)
- [Sexual Development G5](#)





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Questions?



**Please share your
feedback!**

Contact information:
hallb@tas.edu.tw
Wrighte@tas.edu.tw

