

# ASK YOUR ADULTS

**Directions:** Please pick a trusted adult at least 18 years old to interview for this activity. It could be a parent, an older sibling, a trusted family member, or another adult you trust. Ask them the questions below and write down their answers. Don't worry if you don't get to write down everything they say. The most important thing is to have a conversation together. Some of this information is personal, so your answers will be kept private. After completing the interview, cut off the bottom section of this page and turn it in to your teacher.

Student's Name: \_\_\_\_\_ Trusted Adult's Name: \_\_\_\_\_

**Talk #1.**      **Due:** \_\_\_\_\_      **Adult signature:** \_\_\_\_\_

1. Puberty is the process during which a person's body changes from a child into an adult. How old were you when you started going through puberty? What were your questions about puberty? Who did you talk to?

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2. What was the best thing about puberty? What was difficult about puberty and how did you handle it?

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3. Sometimes people use the internet to find out answers to their questions about puberty. Is there anything you want me to know about using the internet, especially when you are not around?

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4. If you are not around and I have questions, who would you want me to talk to?

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Please complete Talk #2 on the back. Then fill in the detachable slip and hand it in to your teacher.

Thank You!

Talk #2. Due: \_\_\_\_\_

Adult's signature: \_\_\_\_\_

5. Friendships during puberty can be tricky. What advice do you have for me as I try to be a good friend?

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6. If someone says something to me or touches me in a way that makes me feel uncomfortable, what would you want me to do?

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7. What can we do to help us be able to talk more openly from now on?

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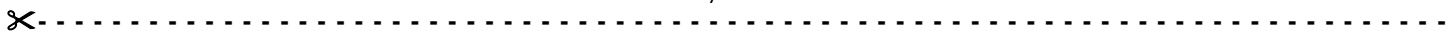
**Thank you for having this important conversation!**

**There are lots of great resources online to help parents and children continue this conversation. Here are a few to get you started.**

Health Connected:	<a href="http://www.health-connected.org/parents">www.health-connected.org/parents</a>
Palo Alto Medical Foundation:	<a href="http://www.pamf.org/parenting-teens/sexuality">www.pamf.org/parenting-teens/sexuality</a>
Essential Access Health:	<a href="http://www.talkwithyourkids.org">www.talkwithyourkids.org</a>
Advocates for Youth:	<a href="http://www.advocatesforyouth.org/parents-sex-ed-center-home">www.advocatesforyouth.org/parents-sex-ed-center-home</a>

**This section below is for your trusted adult to fill out.**

Please detach this section and hand in to your teacher to receive credit for this homework.



**I have talked through all of the questions on this homework sheet with my student.**

Adult signature: \_\_\_\_\_

Do you think this homework helped you and your student talk more openly about puberty, health, and safety?

YES

NO

If you would like more information, resources, and updates from Health Connected, please provide your email address. *\*This information will not be shared with other organizations.*

Adult email: (optional) \_\_\_\_\_