Puberty

Talking together

What do you like about puberty and growing up?

Having good friends, having fun, food, sleeping, having someone to talk to, privacy

Family Planning Queensland
Promoting healthy sexuality
Talking about puberty together

− parent/carer information

Talking about puberty together can be fun as well as reassuring. Making time to share information and experiences, beliefs and values as a family is important. This booklet provides conversation starters, practical activities and resource links for talking together with your child about the physical, social and emotional changes of puberty.

Remember:

• You do not have to be the expert. Finding out information together can be a great experience.

• Be aware of your own comfort level as well as your right to privacy. You don’t have to talk about your own experiences in detail.

• Use your sense of humour, be factual and stay positive.

• Talk about puberty by discussing topics that come from everyday life including TV shows and other media, the internet, school work and social occasions.

• Help your child learn to access information in an ongoing and critical way. Talking about puberty is more than a one off chat. It's very important to develop skills to be able to find information as needed and be able to think about the information and messages being received. Talk about how to read and assess material for accuracy and meaning.

• Some young people develop, mature and go through the changes associated with puberty comfortably and with ease. For others puberty can be an insecure and challenging time. Supporting each other and trying to stay positive will help.

Sexuality and relationships education at school

Many schools provide education on bodies, puberty and relationships. It is a great idea to use this opportunity to talk about the lessons at home and do homework activities together. If your school does not provide sexuality and relationships education, think about approaching the teacher or principal to discuss school programs that are available.
What do you know about puberty?

You probably already know a lot.

Use this quiz to check what you do know or need to find out together.

Choose true (T) or false (F).

Puberty quiz

☐ 1. Puberty generally happens between 9-16 years of age.
☐ 2. As bodies change, feelings can change too.
☐ 3. Everyone goes through puberty at a different pace.
☐ 4. The changes that happen to bodies at puberty are caused by hormones.
☐ 5. Getting pimples is normal during puberty.
☐ 6. It’s OK to touch the private parts of your body if you are in a private place.
☐ 7. All girls get their periods around the same age.
☐ 8. When a boy has a wet dream, it means that he has wet the bed.
☐ 9. Puberty changes are the body’s way of preparing for the possibility of making babies.
☐ 10. Boys sometimes experience some breast development at puberty.
☐ 11. It’s normal and healthy for a girl to put on weight around the time of her first period.
☐ 12. The appearance of pubic hair, armpit hair and for boys, facial and chest hair, happens overnight.

Answer can be found on the back page.

TRY THIS TOGETHER
Visit www.thehormonefactory.com or download the Family Planning Queensland (FPQ) puberty brochures www.fpq.com.au to check your answers and find out more about puberty.
What is puberty like?

What do you both think about puberty? You could ask each other questions like:

- What do you like about puberty and growing up?
- What was it like for you growing up?
- What do your friends say about puberty?
- What did you like about puberty?
- Are you worried about any specific things regarding puberty?
- What did you not like about puberty?
- What are you looking forward to?
- Where did you find out about puberty?

TRY THIS TOGETHER

Sit down and look at photos of each other as you are growing up.
Preparation for puberty

What do you think might be useful during puberty?

Write your own list.

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
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TRY THIS TOGETHER

Pick the things you think are really important to you or that you’d like to learn more about. They might include talking to an adult you trust about periods, friends, shaving or deodorant. Go shopping for the gear together and find out how to use it.
Knowing about bodies — female body

Draw lines from the names to the body parts.

Breasts
Ovaries
Vagina
Clitoris
Labia
Fallopian tubes
Uterus

TRY THIS TOGETHER
Check your answers at www.thehormonefactory.com/girlsbits.cfm
Talk about any other names you have heard for the girls’ private body parts.
Knowing about bodies — male body

Draw lines from the names to the correct body parts.

- Penis
- Scrotum
- Testicles
- Urethra

TRY THIS TOGETHER
Check your answers at www.thehormonefactory.com/boysbits.cfm
Talk about any other names you have heard for the boys’ private body parts.
Making healthy decisions

Talk about what the healthiest and safest options might be for the scenarios below.

**Scenario 1**
Your friend is pressuring you to do something you know is wrong and you're worried you'll lose their friendship if you don't do it.

**Scenario 2**
Your boyfriend or girlfriend wants to kiss but you don't want to.

**Scenario 3**
You want to kiss someone you are attracted to, but you aren't quite sure they want to.

**Scenario 4**
A family friend keeps walking in on you while you're getting dressed.

**Scenario 5**
A photo of a student you know in revealing clothes is being shown around your school on a classmate's mobile phone.

Choose a scenario.

What could you do and what might happen?

What is the healthiest and safest option?

**TRY THIS TOGETHER**
Play a game of *What if?* Think of a scenario and ask each other what you would do if you were in this situation. Scenarios can be silly and fun as well as serious, but don't make them too scary. Talk about personal safety strategies, where to get information and who could help.
**Who can you talk to?**

It can be really helpful during puberty having someone to talk to about your feelings, questions and concerns.

**Who can you trust and talk to?**

Make your own list.

Do you both have the same people on your list?

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<tr>
<th>Name</th>
<th>Contact details</th>
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<td></td>
<td>(phone numbers, email, address)</td>
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<tr>
<td>Kids Helpline</td>
<td>1800 55 1800 or <a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a></td>
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<tr>
<td>Parentline</td>
<td><a href="http://www.parentline.com.au">www.parentline.com.au</a></td>
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**TRY THIS TOGETHER**

It is good to know where you can go to get further information if you should need it. Go to a library, book store or website and choose a book or brochure. Keep it in a private place and refer to it when you need to.
Resources for children and young people

FPQ Resources

Resources from other organisations
www.thehormonefactory.com
www.kidshelp.com.au

Resources for parents and carers

FPQ Resources

Resources from other organisations
www.secretgb.com
www.fpv.org.au/bookshop
www.fpwa.com.au
www.raisingchildren.net.au
www.cybersmart.gov.au
www.parentline.com.au

Your purchase of FPQ resources supports the work of FPQ.
For more information visit www.fpq.com.au

QUIZ ANSWERS FROM PAGE 3