

Interview with a puberty graduate

Questions to ask someone over the age of 18 years

At what age did you begin puberty?

What made you realise that puberty had begun?

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How did you feel about it?

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Did you start puberty at the same time as your friends? If not, how did that affect you?

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Did you ever feel embarrassed about anything during puberty and why?

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Did anyone in your family talk to you about puberty? Did it help?

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Did you talk about puberty and its changes with your friends? Was that helpful?

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.....

What advice would you give to someone who is currently going through puberty?

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.....

Did you feel you needed more privacy and independence?

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Level 5-6

Investigating a new baby

You are going to research some details about a new baby. The baby you choose to research could be yourself (when you were little) or it may be another baby.

How was the baby born (e.g.: Caesarean, breech, etc.)?

Where, and at what time, was the baby born?

How long was the baby?

Who was present at the baby's birth?

How much did the baby weigh?

What was most memorable about the baby's birth?

When did the baby start to walk?

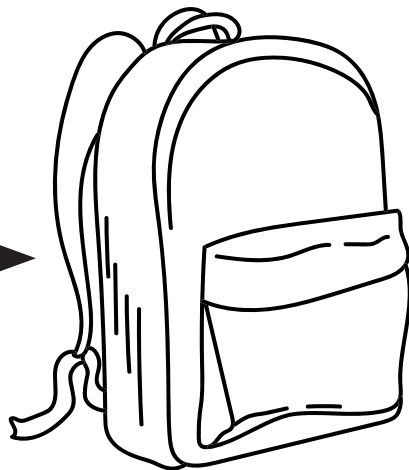
Ultimate Puberty Kit

What does a young person need in their puberty kit to help them on their journey through puberty?

- List the things that you need.
- Ask an adult at home to list what they would like to provide to help you.

Note: you might list real things like deodorant. You could also put ideas in your kit, like privacy or conversation.

Your list:



Adult's list:

1.

2.

3.

4.

5.

1.

2.

3.

4.

5.

Now and Then

Complete this form for yourself. Then interview an adult who is close to you. Ask them how they would have answered when they were the same age as you.

	About me:	About my adult:
Who are your best friends?		
What makes them great friends?		
What is your favourite food?		
What things make you happy?		
What makes you scared?		
How do you spend your weekends?		
How do you have fun after school?		
How do you get info about puberty?		
Who could you talk to about 'private stuff'?		