

Puberty I- Understanding Changes

FAQ's (Frequently Asked Questions)

- **What topics are covered in Puberty I?** Class topics include: eight physical and emotional changes that occur during puberty, including changes to the reproductive system, male and female anatomy, and harassment and sexual harassment are introduced and defined using age appropriate scenarios. A link to all class standards and objectives can be found on our website.
- **Will intercourse be covered in Puberty I?** No, intercourse is not covered. At times a student may ask how the sperm and egg meet, but the educator explains that that is not part of the program and encourages the student to ask a trusted adult.
- **What images/videos will be used in Puberty I?** Basically, will students see pictures/photographs? No real photographs of people will be used. There is no video used in this program. When the educator talks about the body they will be using anatomical drawings of the human body called hemi-sections.
- **What types of period materials will be discussed in Puberty I?** Will tampons be part of it? Pads and tampons are shown to students and our educators explain to students how they are used. Menstrual cups and other more contemporary ways to manage a period may be mentioned during class discussion, but are not demonstrated in any way.
- **Will the students be separated by gender for the Puberty I program?** Often students are separated by gender in this program(s). However, some schools do take Puberty I as a combined gender program. You will need to ask your school for additional information.
- **I heard my child say that he/she completed items on the computer, why was that?** We have updated our delivery model to include more opportunities for students to learn and understand the class content by adding a computer-based component for students. Students complete an interactive eLearning module prior to the educator-led in-school program. The eLearning provides an overview of the basics of the human body (Cells-> Tissues-> Organs-> Body Systems) six changes that happen to everyone during puberty, as well as other topics such as respect, identifying trusted adults and goal setting.
- **How can I best talk with my child about puberty?** Around the time that your child attends the Puberty I program, you will receive a parent letter that will include a link to an e-booklet that contains the information covered in the program, ideas for how to use the booklet with your child, ideas for conversation starters and scenarios that you can discuss together. We recommend frequent, short conversations with your child on this topic. Clarify any questions your child asks to make sure you understand what they are asking. It is okay to not know an answer, to look up the answer and to take your morals or values into consideration. Every question deserves an answer even if it is: Can I think about this? Or Can we hold off until I know more? or Let's look this up together.