

Puberty II

Navigating Changes

FAQs (Frequently Asked Questions)

- **What topics are covered?** Class topics include: eight physical and emotional changes that occur during puberty, including changes to the reproductive systems), hormones, changing gender roles and gender expression (a century ago vs. today), forms of communication, and sexting and online safety. A link to all class standards and objectives can be found on our website.
- **Will intercourse be covered?** 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.
- **Will all students be in the same classroom?** We recommend that all students go through Puberty II together. This program offers the chance for all students to learn about the main changes that happen in both reproductive systems, such as the menstrual cycle, nocturnal emissions, and erections.
- **What images/videos will be used? Basically, will students see pictures/photographs?** No real photographs of people will be used. When the educator talks about the body they will be using anatomical drawings of the human body called hemi-sections. There are a few videos, all of which are animated in cartoon or CGI form.
- **What types of period materials will be discussed? Will tampons be part of it?** Pads and tampons will be explained in that they are worn to collect menstrual flow typically every month, however, there will be no physical demonstration.
- **My child 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 puberty changes that happen in the body, 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 II 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.
- **Will gender identity be covered?** No, gender identity is not covered. However, the evolution of gender roles and the definition of gender expression are explored in the program.