

Parent/Trusted Adult at Home Materials

Talking about Puberty

Greetings from Candor Health Education! We are happy to partner with you in keeping kids healthy, happy and safe!

We want to share a couple of resources with you as your child participates in our Puberty I program. First, you will find more information about the program, including a list of FAQs on [the Candor website](#). Next, you now have access to a booklet that provides information on the physical changes that young people experience during puberty. [This booklet](#) contains information presented during the Candor Puberty I Program.

While we cover these topics in our program, we know that parents are the most influential person in a child's life, so we want to provide you with some ideas of how to use the booklet, general tips for talking with your child and ways to get conversations started.

How to Use the Booklet

- The booklet is written for your student.
- Read through the booklet, so you are familiar with what was covered in class. The booklet covers just the physical changes, not the social emotional.
- Look at breaking the booklet into chunks. There is a lot of information in this booklet and it is not designed for parents to sit down and go through the entire booklet with your child in one sitting.
- Begin with easier to talk about topics such as growth spurts, acne or hygiene.
- Help sort the material by what are the changes that are happening that I can see and what are the ones that are happening that I can't see.
- With each conversation, validate that the conversation may feel awkward, but it is important to know what is happening in your body and why.

General tips for talking to your child about puberty

- Speak in generalities when talking with your child.
- Anticipate questions your child may have about puberty.
- Adolescents want validation that they are normal. Puberty hits everyone at different times.
- Remain calm and comfortable. Doing some research can help conversations feel more natural.
- Look for teachable moments when watching TV, news stories, someone having a baby.
- The earlier you begin to use proper names for body parts, the better.
- Normalize what is happening-it's not just them, but others around them as well.
- Keep lines of communication open before and after the discussions.
- Remember if they don't hear it from you, they will from someone else.
- Leave the conversation with both parties knowing that the conversation will continue.
- Build on the idea that your body has been changing since you were born.

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Conversation Starters/Scenarios

- “Have you noticed how tall some of the kids in your class have grown lately?”
- “I’m going to the grocery store today. Would you like me to pick you up some deodorant?”
- “Wow, it seems like you grew out of those clothes overnight! Didn’t we just shop for them recently?”
- “You seem a little moody. You know it’s normal to have your emotions change quickly at this age. What do you think?”
- Your child is in class and notices that one of his/her classmates has body odor after recess. Should he/she tell this classmate? If no, why not? If yes, why? What should he/she say?
- Your daughter is worried that she may get her first period while at school. How can she be prepared if that does happen? Try to think of all of the scenarios and how to make sure she is comfortable with her options.
- Your child is being teased at school for having acne. How do you address this with your child? How can your child handle this at school with his/her classmates?
- Your son is worried about getting a spontaneous erection at school or having a nocturnal emission during the day. How do you address these issues with him to make him feel more comfortable?
- Your daughter is developing faster than her classmates. Her breasts are growing bigger and hips getting wider. While these changes are completely normal, she feels really self-conscious and is starting to talk about going on a diet, calling herself “fat.” How do you address these feelings with her? How do you, as a parent, feel about these body image discussions?
- Your son sees the girls in his class getting taller and physically changing but has not noticed anything happening to him. Why are these changes happening to others and not him? Is he normal?

If you were able to use the booklet and tips provided with your child, we would love your feedback. Please take the 5-minute survey [here](#).

If you are interested in staying up-to-date on health topics impacting youth and young adults, [register here](#) to receive the monthly Candor Health Education community newsletter. We have several [resources on our website](#) for parents to approach difficult topics with their child. We look forward to partnering with you and encourage you to keep talking with your child...they are listening.

Sincerely,
The Candor Health Education Team