

## Parent/Trusted Adult at Home Materials

### *Puberty Education for Young People with Special Needs*

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

Your child will soon take the Candor Health Education Puberty Program. This program teaches students about the physical and emotional changes they can expect as they go through puberty, as well as ways to manage these changes. Following the program, your child will bring home a paper booklet that reviews the information presented in the class. This booklet will allow you to continue to conversation with your child at home. Below are some tips for talking to your child about puberty.

#### **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.
- 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:**

- Anticipate questions your child may have about puberty.
- Speak in generalities when talking with your child.
- 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.
- 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.
- Build on the idea that your body has been changing since you were born.

#### **Conversation Starters/Scenarios for Talking about Puberty:**

"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?"

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“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 child is worried that they may get their first period while at school. How can they be prepared if that does happen? Try to think of all of the scenarios and how to make sure they are comfortable with their 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 their classmates?

Your child is developing faster than their classmates. While these changes are completely normal, they feel self-conscious. How do you address these feelings with them? How do you, as a parent, feel about these body image discussions?

Please visit our website, <https://candorhealthed.org/>, for more resources and to learn more about our other health education programs.

Sincerely,

The Candor Health Education Team