

◆ Family Activity ◆

Puberty

My name is _____ Today's date is _____

1. Tell your parent that you learned about puberty today. Ask your parent to tell you what puberty was like for him or her when he or she was your age. Write what your parent says here:

2. Ask your parent what she/he thinks you should know about puberty and growing up. Write what your parent says here:

3. Show your parent the pamphlet you got at the session. Read the pamphlet together. What did **you** like best about the pamphlet? Write your answer here:

What did **your parent** like best about the pamphlet? Write his or her answer here: