

Name: \_\_\_\_\_



Grade 4

# Sexual Health Workbook

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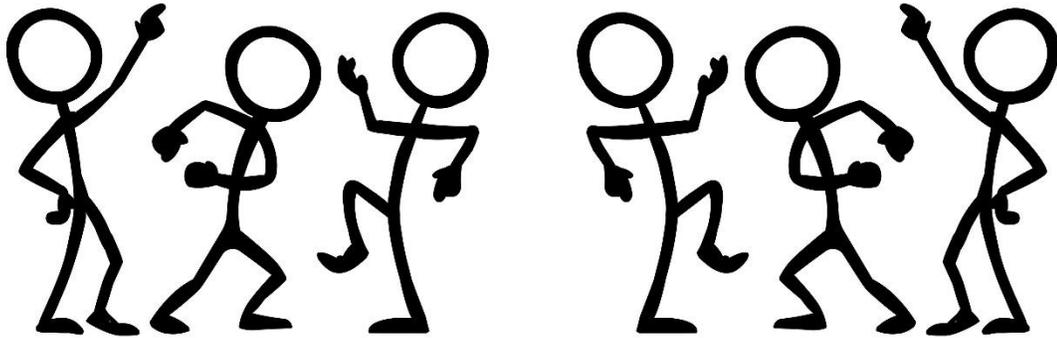
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# Talking About Bodies



Can you name 10 parts of the body spelled with only three letters?  
Try to avoid slang. See if you can find 5 that are above the neck  
and 5 that are below.


# They Tell Me I'm Going Through Puberty

Hi, I'm Chen and I'd like to tell you about what's happening to me. It seems that every day brings a new change. It's almost like I'm getting a new body! They tell me I'm going through puberty.

One thing that's happening is this new hair that's growing in places it's never been before. Like under my arms. I know this is normal and all, but it still takes getting used to.

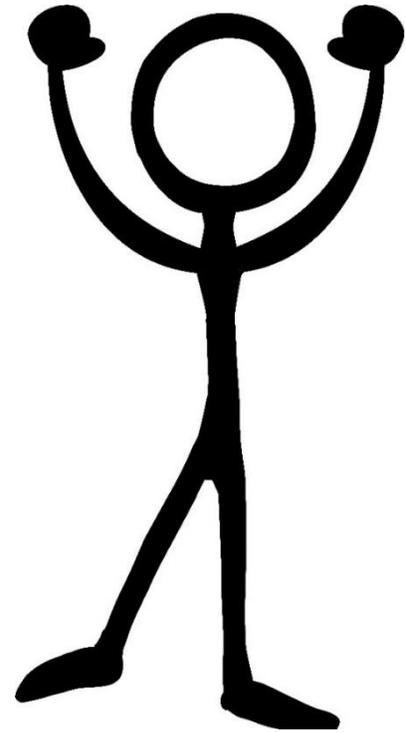
I don't mind some of the changes I'm seeing. In fact, some things I even like. I'm taller than I was last year. I know I'm smarter just because I'm able to think and write about what I'm going through now.

But then, there are some changes that aren't so good. Like B.O. (body odour). The first time I noticed it, I thought I had some kind of disease or something. Now I realize it's not too bad if I wash and use deodorant.

The worst part so far is acne. I remember I was getting ready to go to a birthday party, washing up and stuff, when I looked in the mirror and saw this big zit staring back at me. I held hot washcloths on it for a long time. It went down, but not the whole way. I went to the party anyway. I noticed that many other kids had the same or worse luck with their zits. I wonder how common this is.

There's one thing I get a little embarrassed about. It's even hard for me to say this. When I was at the party the other night, I was with someone I like (and I'm not mentioning any names). I got this new feeling. It was strange but kind of nice. They tell me it's normal. Is it?

They tell me I'm going through puberty. That means I have to go to school with my zits and my B.O. But, I'm taller and smarter. I think I'll survive.



**Can you tell Chen's age or gender from this story?**

# Dear Chen,

Guess what? You are about to enter puberty! Congratulations. This means that...

To help you out, I am writing you a letter explaining some of the changes that will happen to people as they grow up. You should know about what happens to people of all genders because...

There are lots of **physical** changes (changes to the body) that will happen. Here is a list of some changes you can expect to see happening to you and your friends:

When we grow up, our **thoughts, feelings and relationships** might change too! It's normal to experience:

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It seems like a lot for anyone to go through, doesn't it? Puberty means a lot of change. Sometimes it's great. Sometimes it's difficult. The best thing is that we don't need to go through puberty alone. We can get help from lots of people. Here are some people you can go to for help:

Helper	How they can help

I hope this letter helps you out, Chen!

From,

# Ask an Adult

Puberty can be a challenge. It helps to have a parent or an adult you trust to talk to about your questions or concerns. All adults have gone through the changes of growing up. Having your parent or a supportive adult share their experience of growing up can help you during your own experience of puberty.

1. Take this handout home. Share it with a parent, guardian or other adult you trust and ask that person if you can complete it together.
2. Plan a time with the adult for the interview. Give the adult this handout so that they can think about the answers before the interview.
3. Interview the adult using the questions provided.

## Questions

What was the first sign you noticed that you had started puberty? How old were you?

What was difficult about puberty?

How did you handle the difficult parts of puberty?

What was the best thing about puberty?

# Then, Now and Beyond

Fill in the chart with information about yourself. Use your imagination to fill in what you think might be true for the grade 8 column.

	<b>Then</b> (grade 1)	<b>Now</b> (grade 4)	<b>Beyond</b> (grade 8)
The most important people in my life			
What I look like			
My favourite shows/movies			
My most prized possession			
How I behave			
My worst fear			

# Advice Corner

Now that you know more about puberty, you may find that your friends come to you for advice on all sorts of things. What will you tell your friends who ask the questions below?

1. Pick 3 questions you know the answer to. Write your answer in the space provided.
2. Interview a parent, guardian or other supportive adult to find out how they would answer the rest of the questions. Write the adult's answers in the space provided.

*I don't like my hair because it's too oily. What suggestions do you have?*

*Lately I am not getting along with my parents like I used to. What should I do?*

*I feel so bad - my friends told me that I stink after gym class. What can I do?*

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*Sometimes I feel like I just don't fit in. What should I do?*

*I have lots of pimples on my face. What should I do about them?*

*Sometimes I feel happy and the next minute I feel angry. Why do I feel this way?*

*All my friends seem to be going through puberty already and I'm not. I feel left out and I don't want to be treated like a little kid. What can I do?*