



teaching
sexual
health.ca

Grade 4

Learning Activity

Dear Chen Letter Writing

Learning Outcome

*Students explain how development and puberty
are connected.*





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.

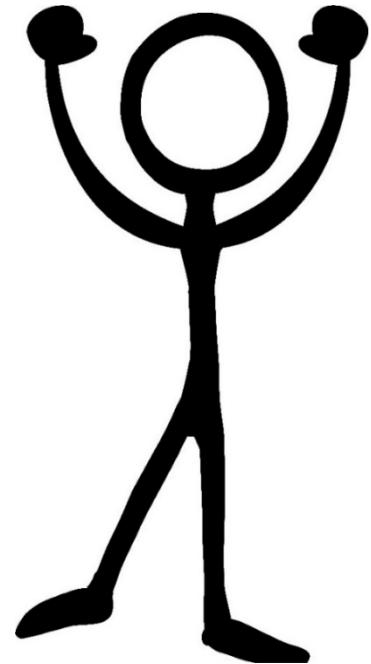
I don't mind some of the changes I'm seeing. In fact, some things I even like. I'm taller than I was last year. I know I'm smarter just because I'm able to think and write about what I'm going through now.

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 know it's not too bad if I wash and use deodorant.

I also have pimples (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 pimple staring back at me. I held a hot washcloth on it for a long time. It went down, but not all the way. I went to the party anyway. I noticed that lots of other kids had the same or worse luck with their acne. I wonder how common this is?

There's one thing I get a little embarrassed about. I feel like my feelings are all over the place. One minute I'm happy, the next I'm not. I don't even know why I am upset sometimes. 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 acne and my B.O. But I'm taller and smarter. I think I'll survive.



Dear Chen Letter Writing

Grade 4



Teaching Sexual Health

Dear Chen,

Guess what? You are starting puberty! Congratulations. This means that you are starting to change from a child to an adult.

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

Growing up can be confusing and exciting. Lots of people your age find that their **feelings** and **thoughts** change too! I came up with a list of some changing thoughts or feelings you might have:



Dear Chen Letter Writing

Grade 4



Teaching Sexual Health

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. Here are some people I think can help:

Helper	How they can help

I hope this letter helps you out, Chen!

From,

