



teaching
sexual
health.ca

Grade 4
Learning Activity
Ask an Adult

Learning Outcome

*Students explain how development and puberty
are connected.*

Ask an Adult

Grade 4



Teaching Sexual Health

Name: _____

Did you know that all adults went through puberty? They know what it feels like! You can ask an adult you trust about what it was like to be your age. You can follow these steps:

1. Take this handout home. Share it with a parent, guardian or other adult you trust.
2. Ask that person if they are willing to complete it with you. You can give them the questions ahead of time, so they have time to think.
3. If you don't feel comfortable talking to an adult at home, instead make a list of trusted adults you could talk to in your life. Maybe this adult is part of your school community, your family or someone else.

Questions

How old were you when you realized you were starting puberty? What do you remember the most about puberty?





What was one thing you liked or enjoyed about puberty or growing up?

Were there any parts of puberty that felt difficult? How did you handle it?

In your culture or family, are there any traditions or celebrations that mark the time when a person is growing up or entering adulthood? If not, what kind of celebration do you think would be meaningful?





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