



teaching
sexual
health.ca

Grade 4

Learning Activity

Advice Corner

Learning Outcome

*Students explain how development and puberty
are connected.*





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 that you feel comfortable answering. Write down what you would say to a friend who asked you that question.
2. Take this page home and ask an adult you trust to help you answer the other questions. Write down their answers.

How can I take care of my skin if I notice changes like pimples?

What are some ways I can keep my hair feeling clean and healthy when it gets oily?

What are some tips to feel closer to my parents as I grow up?





How can I stay fresh and smelling good after activities like gym class?

What can I do if my moods change quickly or I feel strong emotions?

What can I do if I feel like I'm growing up faster or slower than my friends?

