



teaching
sexual
health.ca

Grade 8

Learning Activity

Coping with Puberty Changes

Learning Outcome

W-8.3 Recognize and accept that individuals experience different rates of physical, emotional, sexual and social development.



Part 1: Role Play Character Cards

Get into a group of three. Decide who will be Friend 1, Friend 2 and Friend 3. Complete the prompts. Remember: these are pretend scenarios. You don't need to share personal experiences.

Friend 1 Complete this Page

Imagine you started puberty in grade 4. It was hard to be the biggest kid in grade 5, but now you have noticed that lots of other kids are catching up to you by grade 8.

The changes you like the most about yourself are:

The changes you have been teased about are:

You wish that:



Coping with Puberty Changes

Grade 8



Teaching Sexual Health

Friend 2 Complete this Page

Imagine you started puberty last year. You were starting to wonder if you would ever go through puberty, but now that it has started you are mostly glad.

The biggest changes you have noticed so far are:

You are worried others will tease you about these changes:

You wonder if:



Coping with Puberty Changes

Grade 8



Teaching Sexual Health

Friend 3 Complete this Page

Imagine you haven't started puberty yet. You don't like it, but you know there is nothing you can do to speed up puberty.

You are most looking forward to these changes:

You have noticed that other kids get teased about:

You hope that:





Part 2: Skit

Make a skit that tells the story of these 3 friends and the puberty changes they are experiencing. Brainstorm ideas for your skit here:





Part 3: Reflection Questions

What are some ways to cope with feeling different from your friends?

What role do teasing and bullying play in puberty?

How can kids make coping with puberty easier for each other? Do you do these things? Why or why not?



Coping with Puberty Changes

Grade 8



Teaching Sexual Health

© 2025, Primary Care Alberta, Student and Adult Health Promotion and Oral Health



This work is licensed under a Creative Commons Attribution-Non-Commercial-Share Alike 4.0 International license. To view a copy of this license, see <https://creativecommons.org/licenses/by-nc-sa/4.0/>. You are free to copy, distribute and adapt the work for non-commercial purposes, as long as you attribute the work to Primary Care Alberta and abide by the other license terms. If you alter, transform, or build upon this work, you may distribute the resulting work only under the same, similar, or compatible license. The license does not apply to Primary Care Alberta trademarks, logos or content for which Primary Care Alberta is not the copyright owner.

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Primary Care Alberta does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Primary Care Alberta expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.