



**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:



### 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:



### 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

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Teaching Sexual Health

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