



teaching
sexual
health.ca

Grade 9

Learning Activity

Developing Coping Strategies

Learning Outcome

W-9.3 apply coping strategies when experiencing different rates of physical, emotional, sexual and social development; e.g., positive self-talk





1. People go through puberty at different rates and at different ages. Sometimes those differences can make things harder. For example:
 - being the shortest person in class and not making the basketball team.
 - a friend who is now more interested in dating than hanging out with friends.
 - giving classroom presentations with a voice that cracks at unpredictable times.

Write down 2 or 3 other examples you can think of:

2. With your group, choose one scenario from the list above.
3. Plan and practice a role play presentation that demonstrates a healthy way to cope with the situation.
4. Use this space to plan your presentation.

A large, empty rounded rectangle with a light blue border, intended for students to plan their presentation.

Developing Coping Strategies

Grade 9



Teaching Sexual Health

Reflection Question

After you have watched the presentations of your classmates, make a list of healthy coping strategies.





Answer Key

Healthy coping strategies can include:

- Positive self-talk
- Accessing support systems
- Responding to negative influences
- Becoming a peer leader
- Healthy lifestyle habits such as exercise, meditation, healthy eating, getting enough sleep or journaling



Developing Coping Strategies

Grade 9



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.

