



**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

Developing Coping Strategies

Grade 9



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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.

Developing Coping Strategies

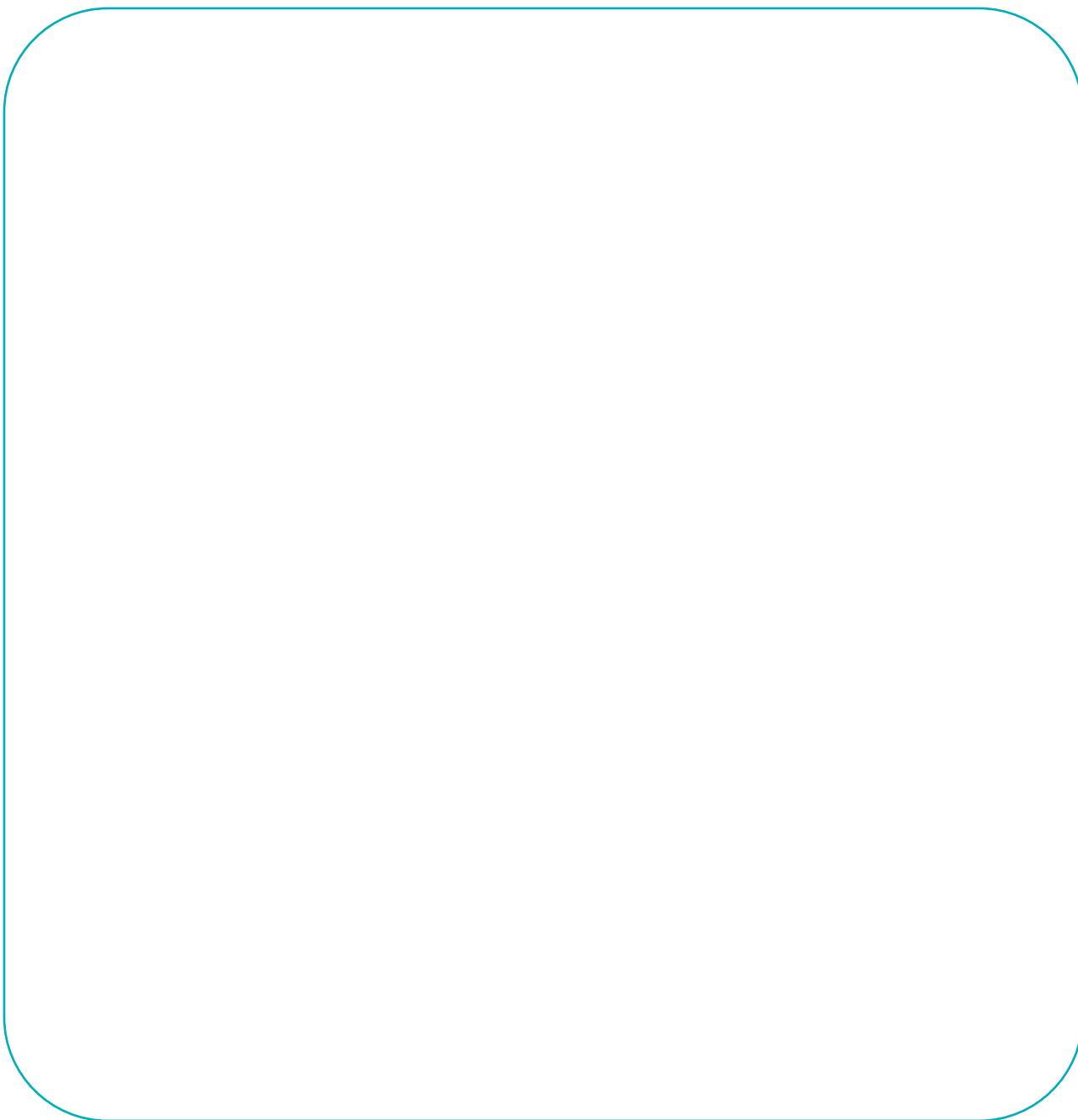
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Reflection Question

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

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