

Activity: 5-6.8.3

Key Messages

- Everyone will go through puberty.
- We each grow and develop at a rate that is right for us.

Activity Details

Victorian Curriculum

Health & PE Investigate resources to manage changes and transitions associated with puberty VCHPEP106

Capabilities VCICCB009

Time 10 minutes plus homework/presentation time

Levels 5 & 6

Equipment

- a copy of *Interview with a puberty survivor* worksheet per student

Interview with a puberty survivor

Purpose

To illustrate that each person develops at a different rate during puberty.

To provide students with an opportunity to discuss issues related to puberty in a cross-age setting.

To promote conversation about puberty at home.

Teaching notes

This activity requires each student to collect information about a personal journey of puberty by conducting an interview with an older person (over 18 years of age). It works very well when conducted with a parent or a grandparent. You will need to allow extra time for the students to present their findings.

Procedure

1. Distribute the worksheet *Interview with a puberty survivor* to the students and ask someone to read it aloud.
2. Ensure that all students understand the questions.
3. Students can be responsible for deciding the interview format using the worksheet as a guide. The students can decide whether to present the exact answers to the questions or to present what their learnings and observations were as a result of completing the activity.
4. A class discussion is valuable before conducting the interview to assist students to write additional questions that reflect their personal interests and concerns.
5. Allow sufficient homework time for the students to complete the task.
6. Students could present their findings in a short biography or in an oral report to the class.

Adapted with permission from: Kokonis, A and Maginness, K 1996, *Teaching sexuality: a comprehensive activity-based resource*, Harper Schools, North Blackburn, Vic.

Interview with a puberty survivor

Questions to ask someone over the age of 18 years:

1. At what age did you begin puberty?

2. What made you realise that puberty had begun?

3. How did you feel about it?

4. Did you develop at the same time as your friends? If not, how did that affect you?



5. What was the most embarrassing thing about puberty and why?

6. Did anyone in your family talk to you about puberty? Did it help?

7. Did you talk about puberty and its changes with your friends?
If so, was that helpful?



8. Did you feel you needed more privacy and independence?

9. What advice would you give someone who is currently going through puberty?

Adapted with permission from: Kokonis, A and Maginness, K 1996, *Teaching sexuality: a comprehensive activity-based resource*, Harper Schools, North Blackburn, Vic.

