

Pop Quiz 03



1

How can you identify trusted adults?

Select all that apply.

They:

- ☐ Listen to you without judgment.
- ☐ Respect your boundaries.
- ☐ Are empathetic (show they understand how you feel/are experiencing).
- ☐ Make you feel physically and emotionally safe in their presence.

2

What are ways to start a conversation about puberty with an adult you trust?

Select all that apply.

- ☐ Start the conversation when you are doing the dishes, playing a game, or something else together.
- ☐ Text them (or leave a note) that you have questions and want to talk.
- ☐ Send them a meme about puberty to start a convo over text.

Teacher Key

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These are all traits of trusted adults!

Think about: Who do you think of first when you have a problem? Who makes you feel safe-even when you are scared?

Those people are probably your trusted adults. Sometimes trusted adults are people in your family, like parents, guardians, grandparents, aunts and uncles, older brothers or sisters. Sometimes they people at school or in the community like teachers, counselors or doctors and nurses.

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Here are some tips to start convos with trusted adults about puberty:

- Give them a heads-up that you want to talk. That way you don't catch them off guard or when they're too busy to focus. It also lets them know that it's something important to you, and that they should listen and take it seriously.
- Tell them if you feel nervous. You can say something like, "This feels a little awkward for me, but I wanted to talk with you about..."
- Think of questions you want to ask and write them down first. Be as clear as you can about what you want to know.
- Start the conversation over email or text...if you feel more comfortable asking questions about your health or body changes this way!
- Try starting the convo while doing other activities. Some people find it's easier to talk while doing other activities such as taking a walk, washing dishes, watching TV or a movie together, or during a car ride.