# PARENT CONNECTION FORM

Dear Parent or Guardian,

In today's Nu-CULTURE session, students learned about the physical and emotional changes that will occur during puberty. Many young people have questions or concerns about what is happening to them (e.g. pimples, hair growth, crushes, etc.) but may not know how to begin the conversation. Please review the following with your teen, complete the bottom portion of this form, and have your son or daughter return it at the next session.

Sincerely,

Rhea Gordon
Executive Director
Healthy Futures

_____
Principal/Facilitator

© 2013, 2023 Healthy Futures

1. Puberty is the process of:

2. True / False (circle one): Everyone changes at exactly the same time in exactly the same way, so I should worry if my friends change at a different pace than me.

3. Student: These are some of the concerns I have about growing up:

4. Parent: These are some of the concerns I had when I was your age:

**Puberty** is a process that happens over a lengthy period of time: between the ages of 9 and 17 for girls and 10 to 18 for boys. Just as every snowflake is unique, every child will change at his or her own pace.

---

Session 6.2: Puberty

PARENT CONNECTION FORM

My child, _____ _____ and I discussed this handout.
First Name Last Name

_____ _____ _____
Signature of Parent or Guardian Date Email Address (Please Print Clearly)

_____ _____
Parent or Guardian (Print Name) School Name