

PARENT/TRUSTED ADULT 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 them return it at the next session.

Sincerely,

Rhea Gordon
Executive Director
Healthy Futures

Principal/Facilitator



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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 their own pace.

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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