

PARENT/TRUSTED ADULT CONNECTION FORM

Dear Parent or Guardian,

Today the students learned that they are making the difficult transition from childhood to adulthood. They reviewed both the biological changes and emotional changes that they can expect to encounter during this transition in themselves and their peers. We discussed what kind of friend is most valuable to have as we develop, and they learned healthy ways to both cope and thrive during these changes.

Sincerely,

Rhea Gordon
Executive Director
Healthy Futures



Principal/Facilitator

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1. Puberty is the process of:
2. What can you do for your body to stay healthy during puberty?
3. What can you do for your mind to stay healthy during puberty?
4. True or false: Even though it is normal to think about sex or have sexual feelings right now, it doesn't mean you should act on those thoughts or feelings.

During puberty, your child is now embarking on a journey to learn who they are. As a parent, it may be difficult to see the child you once knew, change into someone you barely recognize. However, your child needs you to be there alongside of them during this journey. Rediscover who they are alongside them.

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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