



Home Connection

Dear Parent/Guardian,

Today at school we began a unit on Human Growth and Development. In this unit your child will be learning about the changes that happen to boys and girls as they go through puberty. Your child's assignment is to deliver this letter to you and, if you choose to do the assignment, talk with you about puberty. (This is an optional activity.)

Use any or all of the questions below as a guide as you talk to your child about changing and growing through this exciting and sometimes confusing stage of life. (You do not have to write down the answers, just talk and listen together.)

1. What do you remember about going through puberty?
2. What was one of the best things about puberty for you?
3. What did you find difficult about going through puberty?
4. With whom did you talk when you had questions about puberty and growing up? Was it difficult to talk about these subjects?
5. Do you think it's easier or harder to go through puberty now than when you were your child's age?
6. If your child has questions about the changes that are going on, who should he or she talk to?

Thank you for taking the time to support the learning and development of your child.

Sincerely,

Your Child's Human Growth and Development Teacher