



Home Connection

Dear Parent/Guardian,

Today in class, we learned about the physical changes that happen to boys and girls as they go through puberty. The class learned that puberty happens to everyone and that it happens at the time that is right for them. Your child's assignment is to deliver this letter to you and, if you choose, to 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. How old were you when you had your growth spurt?
2. What do you remember about going through puberty?
3. What was one of the best things about puberty for you?
4. What did you find difficult about going through puberty?
5. Whom did you talk to when you had questions about puberty and growing up? Was it difficult to talk about these subjects?
6. Do you think it is easier or harder to go through puberty now than when you were your child's age?

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

Sincerely,

Your Child's Human Growth and Development Teacher