

My Sacred Self

People Grow and Change at Different Rates

No two experiences with puberty are exactly the same. Let your child know that you are proud of all that he or she is learning to do. When it is appropriate for your child, you may wish to put together a hygiene kit with deodorant, face and body soap, shampoo, and other gender-specific hygiene products.



The Outward Signs of Puberty in Boys and Girls

In private, sit with your child and gently let him or her know that you are open to answering any questions about puberty. If your child is uncomfortable asking you these questions directly, suggest that he or she write you a note.

We Treat Others with Respect

It is important that your child honors peers' boundaries. Ask your child to name some ways that he or she can show respect to peers who are experiencing physical or emotional changes. Emphasize that your child deserves the same level of respect and support.

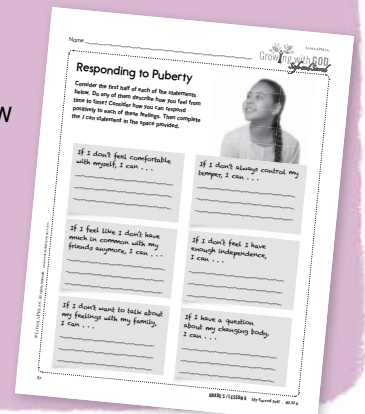


God's Eternal Love

God invites us to grow in relationship with him. Talk about how you say yes to God's invitation to contribute to his kingdom. Pray aloud the *Suscipe* (Prayer of Saint Ignatius) while your child prays along silently.

Responding to Puberty

Your child can respond to the challenges of puberty in positive, healthy ways. Review the Responding to Puberty handout with your child. Discuss his or her answers and offer your support in difficult situations.



Name _____

Responding to Puberty

Consider the first half of each of the statements below. Do any of them describe how you feel from time to time? Consider how you can respond positively to each of these feelings. Then complete the *I can* statement in the space provided.



If I don't feel comfortable with myself, I can . . .

If I don't always control my temper, I can . . .

If I feel like I don't have much in common with my friends anymore, I can . . .

If I don't feel I have enough independence, I can . . .

If I don't want to talk about my feelings with my family, I can . . .

If I have a question about my changing body, I can . . .
