



Action Canada
for Sexual Health & Rights

Comprehensive Sex-Ed Resource

Puberty Question Box Activity

Grade Level: 1+

This activity is from **BEYOND^{THE}BASICS**,
a resource for educators on sexuality
and sexual health.

Learn more about Beyond the Basics at

www.actioncanadashr.org/beyond

For more activities like this one, go to

www.actioncanadashr.org/sex-ed-activities

Educators can do this activity as a one-off and/or keep a box for questions on their desks or in another appropriate location in the classroom so that students can place questions anonymously in the box on an on-going basis.

1. Explain the following process to students for writing down questions:
 - Everyone gets a piece of paper. Write down questions about puberty or sexuality that you have. If you have no question, write a sentence about your favourite sport, meal, or pastime.
 - Work on your own and do not write your name—the questions are anonymous.
 - Use scientific words if you know them. If you do not know the scientific word, use the word that you know and then indicate on your question that you would like to know the accurate, scientific word.
 - Fold your paper once for collection or submission.
2. Collect the student questions by going around the classroom or having them drop them in a box if you have created one.
3. Arrange for a follow-up session where student questions are answered.

Background Information for Educators

Puberty is a period of massive change. By the time you are facilitating these lessons, many of your students may have already experienced many changes. Puberty classes can bolster their adaptive abilities and resilience to these changes by providing them with an idea of what to expect, by validating their feelings and experiences, by developing their skills to encounter uncertainties and negotiate relationships, and by helping them make informed choices.

Lack of information on sexuality and sexual health, as well as misinformation, can have serious negative

consequences: fear and embarrassment; isolation and shame; risk and harm from sexual experiences; and participation in gender scripts that limit the kinds of emotional, romantic, physical, and sexual relationships that are possible.

It is important to stress to students that although puberty is a time of significant bodily, social, and emotional changes, they should get to know what is “normal” for their unique bodies. Students can learn this through observing or touching their own bodies and taking note of the changes over time.

BEYOND THE BASICS

A Resource for Educators on Sexuality and Sexual Health



Beyond the Basics is a resource for educators on sexuality and sexual health. It offers the tools to teach young people about sexuality and sexual health from a sex positive, equity, and human rights perspective. It covers anatomy, consent, healthy relationships, and more! Choose from a wide range of chapters, modules, and activities that fit the different age, grade, and curricular goals for your students.

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