*Discussion*

Spend some time with at least one adult in your family. (You could also do this with more than one adult, or involve one or more siblings as well).

Ask someone at home who is older than you to share what it was like to go through puberty. You can use the following questions in your conversation:

* What did they look forward to?
* What were they nervous about?
* What was the best thing about puberty?

Please have the adult you had this conversation with sign here:

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