

## Maturation Information Packet for Parents

This link [maturation videos](#) takes you to videos for females and males.

The 30-minute video presentation covers the objectives below:

- Identification of body changes that accompany puberty which includes a description of the basic structures of the male or female reproductive systems and functions.
- Identify behaviors that contribute to healthy body image (posture, hygiene, exercise, diet).
- Recognize fluctuations in emotions and discuss ways of dealing with emotional changes.
- Recognize physical changes that occur during puberty including the reproductive system.
- Identify characteristics of teasing, bullying, harassment, and inappropriate contact.

Dr. Amanda Byrd (females)

Dr. Bryan Ellertson (males)

### [maturation videos](#)

Here are some talking points to help guide you through the process. Be prepared to have an open and honest conversation with your child. It helps to ask open-ended questions to see what they know or do not know.

What can you tell me about puberty after watching the video?

When they talked about\_\_\_\_\_, what does that mean to you?

Describe what happens when....

How would you recognize.....

What do we need to find answers to that wasn't covered in the video?

# Top 5 Puberty Questions Your Daughter Might Ask

**Puberty questions are on every young girl's mind.**

Do your best to talk to her when she comes to you to talk. If you don't have time to talk at that moment, make sure you tell her that you're happy and grateful she came to you, and plan an alternative time to discuss. It's also ok to say, "I don't know. I'll find out and get back to you." You can talk to a doctor or research information, including [always.com](https://www.always.com), to help prepare your answers. Here are some of her top 5 puberty questions to get you started:

- 1 What is puberty?
- 2 What is a period and why do we have them?
- 3 When will I get my period?
- 4 Why do I feel really emotional?
- 5 Why do I feel unsure of myself?



# Las 5 preguntas mas importantes que tu hija puede preguntar

**Toda adolescente tiene preguntas sobre la pubertad.**

Haz todo lo posible por conversar con ella cuando venga a conversar contigo. Si no puedes conversar en ese preciso momento, asegurate de decirle que estas feliz y agradecida de que ella desee conversar y planeen la conversaci6n para otro momento. Tambien esta bien decir: "Nose. lo averiguare y hablamos". Puedes acudir a un doctor o investigar, incluso en [always.com](https://www.always.com) para ayudarte a preparar las respuestas. Aquf tienes algunas de las 5 preguntas mas importantes sobre la pubertad:

- 1 ¿Qué es la pubertad?
- 2 ¿Qué es el período y por qué lo tenemos?
- 3 ¿Cuándo tendré mi período?
- 4 ¿Por qué me siento tan sentimental?
- 5 ¿Por qué me siento insegura de mí misma?



You can support his journey into adolescence by talking about it openly and being prepared with the facts. Review these ideas and resources to continue the conversation with confidence.

**Be Prepared:** Do some research and prepare your responses for questions he may have. Also, head to the store and determine what products may be right for him when he's ready. It might be helpful to have some ready for him.

**Be Genuine:** Keep your talks natural and have them often, so the lines of communication stay open as he ages. Share your own personal stories to make a connection.



### Don't sweat it!

He can help control body odor with a daily shower to clean his whole body. When finished and dry, he can apply an antiperspirant or deodorant to his underarms to protect him from any odors that may try to surface throughout the day.

Lo puedes apoyar en su viaje a la adolescencia conversándolo de manera abierta y estando preparada con hechos. Revisa estas ideas y recursos para continuar la conversación con confianza.

**Sé sincera:** Mantén conversaciones naturales y con frecuencia para que las líneas de comunicación permanezcan abiertas a medida que madura. Comparte tus historias personales para crear conexión.

**Prepárate:** Realiza investigaciones y prepárate para las preguntas que él pueda tener. También puedes acercarte a la tienda y determinar cuáles pudieran ser los productos adecuados para él cuando esté listo. Podría ser útil tener algunos listos para él.



### ¡NO te preocupes por el sudor!

El puede controlar el mal olor corporal con una ducha diaria para limpiar todo el cuerpo. Al terminar y estar seco, se puede poner un antisudoral o desodorante en las axilas para que este protegido de los malos olores que puedan surgir durante el día.

Para obtener más consejos, puedes descargar la Guía completa para padres en [pgschoolprograms.com](http://pgschoolprograms.com) o visitar [oldspice.com](http://oldspice.com)