

# Always Changing: A Video About Puberty

**The front:** guiding questions on puberty that the video answers.

**The back:** a blank area for you to write any questions you have about puberty and the changes that happen. (This is your area for reflection and is to remain private unless you choose to share.)

1. What exactly is puberty anyway?
2. What causes the changes that occur during puberty?
3. How long does it take for the changes to occur?
4. What are some of the physical and emotional changes that girls will experience?
5. What are some of the physical and emotional changes that boys will experience?
6. When does puberty usually start in girls and when does it start in boys?
7. What is hygiene and why is it super important during puberty?
8. What are some good hygiene practices that I need to start soon?

## Other Notes and Questions I Have About Puberty

Private//Confidential

A trusted parent(s) or adult I can share my questions and concerns about puberty with is \_\_\_\_\_.

Always, P&G School Programs, director. *Always Changing and Growing Up*. YouTube-Always Changing and Growing Up-Co-Ed Puberty Education Video, Always, 4 Oct. 2016, [www.youtube.com/watch?v=tKfJ8w7XX6E&t=274s](https://www.youtube.com/watch?v=tKfJ8w7XX6E&t=274s). (Accessed August 29, 2019)