

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## Ask an Adult!

Choose an adult you know and trust (for example: a parent, grandparent or family friend) and ask them the following questions about their own experience with puberty.

1. How was your experience with puberty and growing up?

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2. What are some things you think I should know about puberty and growing up?

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Name \_\_\_\_\_ Date \_\_\_\_\_

# Media & Body Image

Look at the advertisement you have received. As a group, use these questions to discuss the ad you are analyzing. You may take notes on this page to share with the class during discussion.

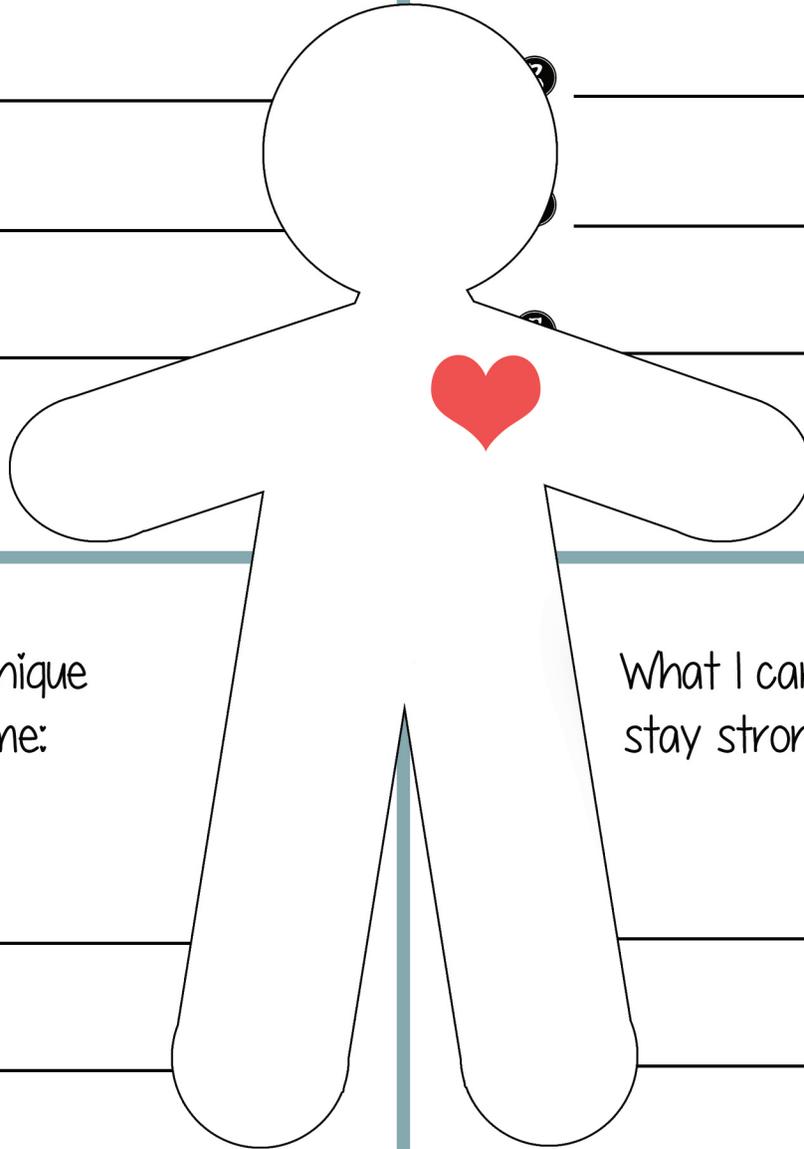
1. What product or service is the ad selling?
2. Who is the target audience for this ad? (Include age range, culture, gender, race, socio-economic level)
3. What can the product or service actually do vs. what does it promise to do?
4. What underlying message or value is being sold by the ad? Is it obvious or subliminal?
5. What do people in the ad look like?
6. What is this ad saying about beauty and body image?
7. Is this a positive or negative message about body image?

What my body does for me:

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_
- ⑤ \_\_\_\_\_

What I love about my body:

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_
- ⑤ \_\_\_\_\_



What's unique about me:

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_
- ⑤ \_\_\_\_\_

What I can do to help it stay strong and healthy:

- ③ \_\_\_\_\_
- ④ \_\_\_\_\_
- ⑤ \_\_\_\_\_



## TRUE OR FALSE

1. If all of my friends have started puberty except me, I'm way behind. **True False**
2. I will start to notice more hair grow in places like my genitals and armpits. **True False**
3. Puberty is the process through which our bodies become adults. **True False**
4. We only experience physical changes during puberty. **True False**
5. Puberty is caused by hormonal changes in the body. **True False**
6. Everyone goes through puberty at the same speed. **True False**