



welcome to **the chat** workbook

this workbook is an optional supplement to the chat virtual workshops

In this workshop series, you will...

- ★ Learn something new
- ★ Be reminded of things you already know
- ★ Have space to have conversations with each other about puberty, sex, and other topics about growing up

Before we begin: **What are some questions you already have about puberty, sex, and growing up?**

 will puberty last my whole life?









is puberty weird?

workshop one of five

Check-In

Preteen: How are you feeling right now?

- ★ I have been looking forward to talking about puberty all day.
- ★ I am going to get an “A” on the topic of BO
- ★ I’m not certain how I got registered for The CHAT?
- ★ I am already an expert on pimples
- ★ I can’t imagine anything else I would rather be doing right now
- ★ Puberty ROCKS!



the chat

for more
great conversations

about
growing up. together.

Sometimes it can be awkward to talk about puberty. Sometimes we aren't so sure how it will go for us.

Sometimes it's really exciting to anticipate how our bodies will grow. And sometimes it's all three of those ideas at once.

Conversation #1

Pre-Teen: Ask your grown-up what they remember about their own puberty – was there something they were excited about or worried about?

How does that compare to what you are most and least looking forward to in puberty?

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FOR PROBLEM PIMPLES
salicylic acid +
benzoyl peroxide



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is puberty weird?

workshop one of five

Gratitude Exercise

Quick! Name three things about your body that you really appreciate.



Conversation #2

Ask your grown-up: Tell me about a time when you were growing up when you felt different than other people.

Did that feeling go away or change as you got older?

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Some questions I still have:



BONUS CHALLENGE: Follow this QR Code to take the Class Connect Challenge

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body basics

workshop two of five

Drawing Activity

Use this space for today's drawing activity



Check-In #1

Pre-Teen: How do you feel about puberty today?

This is the moment I've been waiting for my whole life.

This is my worst nightmare

I'm ok with it, I guess

I'm curious

I don't have these body parts but feel ready to support my friends who do

I'm unsure

I'm afraid

I'm confident

I'm excited



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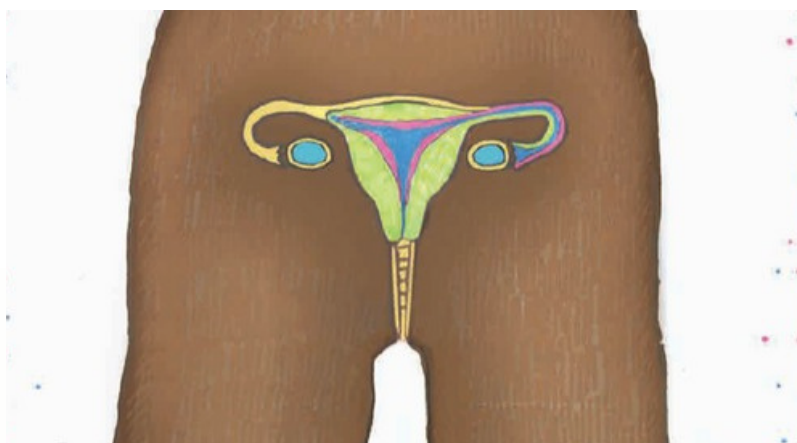
body basics

workshop two of five



Both people have
started puberty.
It's the same, it just
looks different.

Take a look at this uterus.
What do you notice?



Conversation #1

Pre-Teen: Ask your grown-up: How did you figure things out when you were in puberty?

Did you feel like you were ready?

Did you ever worry about things? How did you handle it?

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body basics

workshop two of five

Check-In #2

Preteen: Some questions and thoughts I still have about PUBERTY...

Will everything turn out ok?

Will it be embarrassing?

Will it hurt?

Will it start today?

Why is everything so complicated?

I feel anxious

I feel excited

I feel confident and ready

Why are we talking about this?

Conversation #2

Pre-Teen: What are you noticing about the signals your body is sending you right now?
Is your heart racing with excitement? Is your body overwhelmed with new information?

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Some questions I still have:



BONUS CHALLENGE: Follow this QR Code
to take the Getting To Know You bonus challenge

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more body basics

workshop three of five

Check-In #1

Pre-Teen: How do you feel about puberty today?

This is the moment I've been waiting for my whole life.

This is my worst nightmare

I'm ok with it, I guess

I'm curious

I don't have these body parts but feel ready to support my friends who do

I'm unsure

I'm afraid

I'm confident

I'm excited

Conversation #1

Pre-Teen: Ask your grown-up, 'Who taught you how to shave or wear deodorant or take care of pimples? Was it easy to ask for you to ask for help when you had questions?'

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*Each of us has our own unique
bodies and puberty experience and
at the exact same time, we share
most of our puberty experience with
all other human beings on the planet.*



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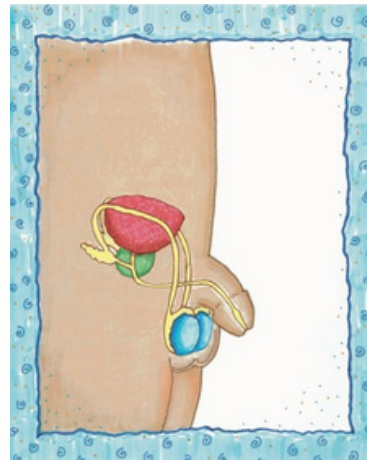
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more body basics

workshop three of five

Drawing Activity

Use this space for today's drawing activity



Take a look at these penises and testicles.
What do you notice?

more body basics

workshop three of five

Check-In #2

Pre-Teen: Some questions and thoughts I still have about PUBERTY...

Will everything turn out ok?

Will it be embarrassing?

Will it hurt?

Will it start today?

Why is everything so complicated?

I feel anxious

I feel excited

I feel confident and ready

Why are we talking about this?

Conversation #2

Pre-Teen: Ask your grown-up, 'what are some of the qualities that make me special?'

Some questions I still have:



BONUS CHALLENGE: Follow this QR Code
to take the Choose Your Own Adventure bonus challenge

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crushes, consent + other conversations

workshop four of five

Check-In #1

Pre-Teen: Some feelings I have already felt today:

Excited Nervous Irritated
Frustrated Anxious Happy Surprised
Lonely Curious Angry

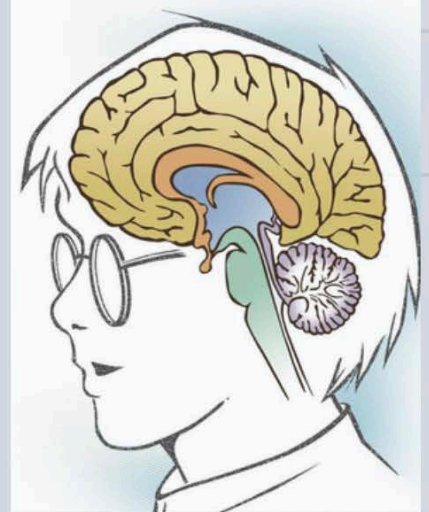
Conversation #1

Pre-Teen + Grown-Up: What are some of the important qualities that you look for in a friendship?

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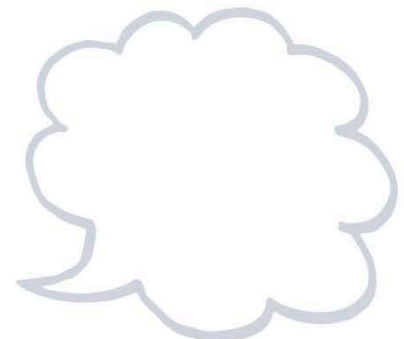
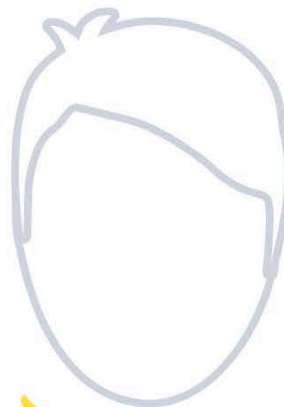
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Take a look at this brain.
What do you notice?

Growing into an adult and becoming a good decision maker means learning how to listen to our emotions and listen to each other....speaking up and also allowing others to speak.




 great conversations
about growing up. together.

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crushes, consent + other conversations

workshop four of five

FEELINGS, ACTIONS, CONSEQUENCES

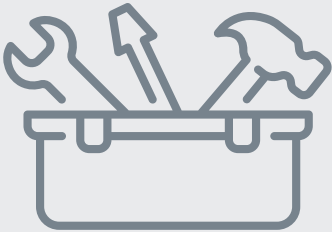
Can you identify the feeling, action, and consequence that might arise in the first scenario? Try to identify each idea in a sentence or two.

FEELING

ACTION

CONSEQUENCE

USE THESE TOOLS TO PRACTICE HEALTHY CONFLICT



Check in with how your body feels.
Ask to pause the conversation to reset.
Try talking side by side.
Acknowledge what you're hearing.

Conversation #2

Pre-Teen: Ask your grown-up to tell you what they hope for you as you go through puberty. Write some of their answers below.

BONUS CHALLENGE: Follow this QR Code
to take the Signature Handshake Bonus Challenge

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our sexual selves

workshop five of five

Check-In #1

Pre-Teen: When it comes to talking about sex, I feel:

Nervous

Worried

Excited

Curious

Embarrassed

Confident

Bored

Self-Conscious

Amazed

I want to know but don't want to know at the same time

Conversation #1

Pre-Teen: Ask your grown-up, 'What you remember about how you felt learning about sex?'

All people get to decide when, where, and by whom they are touched. That includes YOU.

Consent means everyone is a part of the decision.

A healthy relationship is one where everyone has a say in making decisions about the relationship.

Being sexual can mean a lot of things. From kissing, to holding hands, to touching.

Being sexual can include all genders.

Our biological body parts do not determine who we are attracted to.



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our sexual selves

workshop five of five



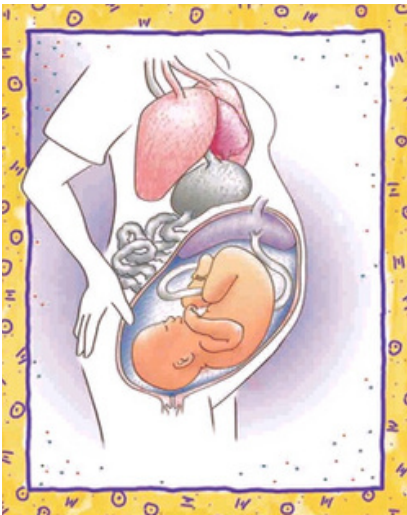
To make a baby, there are two essential ingredients:

1 sperm produced in the testicles, and 1 ovum/egg produced in the ovaries.

Do you remember the images below from our other conversations?



How does it feel to talk about
being sexual?



Take a look
at this baby
inside a uterus!

Conversation #2

Pre-Teen: Ask your grown-up to tell you the story about the day you joined your family. It may be a birth story, or it may be how you joined this particular grown-up to become a family.

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our sexual selves

workshop five of five

FEELINGS, ACTIONS, CONSEQUENCES

Can you identify the feeling, action, and consequence that might happen when two people decide to be sexual together? Try to identify each idea in a sentence or two.

FEELING

ACTIONS

CONSEQUENCES

Conversation #3

Pre-Teen: Ask your grown-up to tell you what your family values when it comes to talking about being sexual. Are there things that are different than other families? How does that make think about what YOU value?

BONUS CHALLENGE: Follow this QR Code
to take the Postcard Bonus Challenge

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