

CONVERSATION MATERIAL FOR INFORMATION ON PUBERTY

1. Explain that you will now talk about puberty, and that you will start by watching a film about it. Explain that the film will include drawings of naked bodies.

2. Watch the film together.

3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with - was there anything unexpected, new or interesting?
- Summarize together:
 - At which age do people normally enter puberty?
 - Give examples of the kind of changes that take place in puberty.
 - What happens to the genitals during puberty?
 - What does it mean to become "sexually mature"?
- Being in puberty can cause many different emotions. Which emotions can these be?
- Some come early in puberty, others later. How does it feel being in early or late in puberty? At which age can it be helpful to contact healthcare services if puberty has not begun?
- How can you provide good support for someone who feels their body does not line up with the gender they feel emotionally?
- Many people discover sexual desire and lust more during puberty. Some have learned that masturbation is dangerous or bad. But that is not true. What are some positive aspects of masturbation?
- What can be good to remember as a parent, when your child enters puberty?

IMPORTANT TO CONSIDER:

- People experience puberty in different ways - it is often exciting, difficult, embarrassing and longed for at the same time. People also enter into puberty at various times - some enter puberty at a younger age and others when they are a few years older. Try not to compare yourself too much with others, and remember that all bodies are unique and develop at their own pace.
- For most young people, lust and masturbation are part of puberty. This may arouse various emotions, such as joy, curiosity and excitement, or shame and concern. Positive conversations about body and sexuality and help finding healthy information, are important in order for everyone to feel good in their own body and with their own sexuality.



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- Some clinics are youth friendly and can offer a lot of information and support for young people with regard to their bodies, relationships, well-being and sexuality and are very good places to get to know.