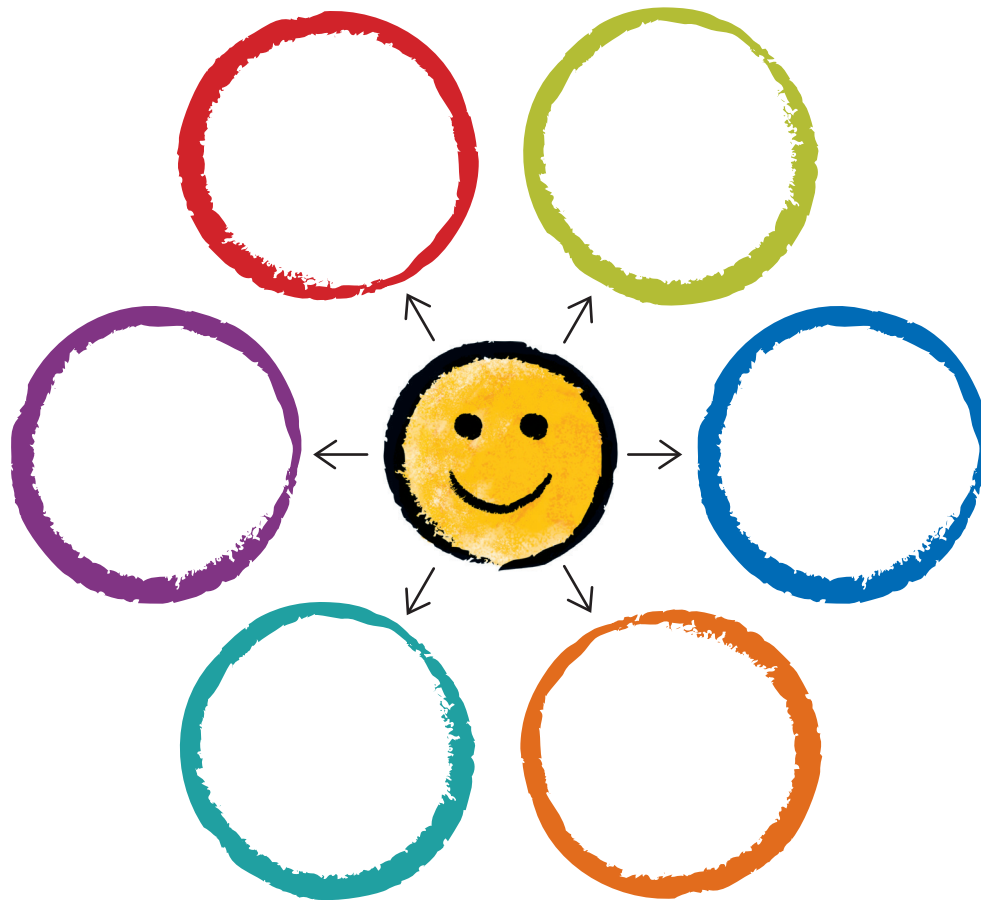


WHO DO I TALK TO ABOUT PUBERTY IF I HAVE QUESTIONS OR CONCERNS?

Write down the names of the people you know who you would trust for talking about your feelings and concerns or for asking your questions. You don't have to fill in all the bubbles.



● Someone in my family
(mother, father, brother,
sister, etc.)

● A friend

● A teacher

● An educator

● A nurse, social worker
(other professional
resource at school)

● Another person
that I trust