



Discussion Starter

When I was your age I started noticing my body beginning to change. My voice changed, I started having to use deodorant, and there were many other changes as well. This is what you can expect too. At times I felt embarrassed about these changes, so I want us to talk about these changes so you will know they are normal.

Physiological changes you may choose to discuss:

Acne - Growth Spurts - Changes in Voice - Breast Development - Menstruation - Early Bloomers (body develops faster than others) - Late Bloomers (body develops later than others) - Body hair under arms, on legs, on face (guys), and Pubic Hair.

Ask Your Student These Questions:

1. Have you noticed any of these changes with yourself or your friends?
2. How do you feel about what is happening?

Parent Prayer:

Pray with your student that God will help them during this time of change and will give them wisdom as they are faced with new feelings and changes in their lives. Pray that God will give you as a parent patience and understanding as you help to guide them through this time. Commit to always be open to listen and talk with your son or daughter with anything they are feeling and that you will both seek God's guidance through prayer and the study of scripture.

Parent Day 1

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Ask Your Parent These Questions:

1. How did you feel when you were my age and went through these changes?
2. Some of my friends seem to be further along than me, and some seem to be not changing at all yet. Why is that?

Student Day 1

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