



An Interview with an Adult about Puberty and Adolescence

(Adapted from Planned Parenthood Federation of Canada, *Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education*)

As part of this webquest, you will discuss puberty and adolescence with an adult that you trust. That adult should be the same sex as you. The purpose is to help you understand the transition you are making in your life. However, the interview may also help the adult understand your situation better. And, you may end up being able to talk to this person again about these issues. Remember that puberty and adolescence can be an exciting, confusing, and tumultuous time for young people and for adults who know them.

Notes:

- a) Some young people may be unable to complete this assignment with their parent(s) or guardians(s). Allow them the opportunity to complete the assignment with another trusted adult such as an aunt, uncle, sports coach, neighbour, or member of the clergy.
- b) Some of these questions may be too personal or embarrassing for an adult to answer. You should share the interview guide with the adult in advance of the interview. That way, the adult can prepare what questions s/he is willing and able to answer and discuss.
- c) During or after the interview, you or the adult may realize that some of the discussion was too private to include in a written report. Therefore, you should ask the adult for permission to submit the written report after they have had a chance to review it. Or, if you or the adult don't feel comfortable about submitting a written report at all, you can simply ask the adult to sign the Declaration that the interview was completed.

Prepare for the interview by:

1. Reviewing Section 3.5 of your Personal Health Journal (It is linked to this webquest) to find out how you should go about preparing, doing and reporting on the interview.
2. Reviewing the evaluation criteria for health interviews (It is linked to this webquest) to see what is expected of you. Some of those criteria do not apply because we have supplied some of the questions for you in this document.
3. Reviewing the notes you have taken in your autobiography workbook It's All About Me (linked to this webquest). You don't have to share any of those things with the adult in this interview with an adult, but you may be interested in some topics based on your own experience and life so far.
4. Scheduling a time and place for you to conduct the interview.
5. Explaining the purpose of the interview to the adult and provide them a list of questions in advance.

Puberty/Adolescence Interview (Some Questions for you to Consider)

You can use some of the following questions in your interview, but you should decide which you want to use and have an explanation for why you chose to ask those particular questions. Allow time for the adult and you to get comfortable before you begin.

About Puberty

1. What is the best thing about growing up? The worst thing?
2. How old were you when you started puberty? What changes did you experience?
3. How did you handle the stress and embarrassment sometimes felt during puberty?
4. How did you feel about boys/girls when you were my age?
5. What did you like best about your body and your looks when you were my age?
6. When did you start to feel grown up?
7. When did you have your first kiss?

About Goals and Skills

1. What kinds of things did you like doing when you were my age?
2. What were you good at?
3. What was your greatest accomplishment when you were my age?
4. Did you change anything for the better in your family, school or community when you were my age?
5. Where did you learn the skills that helped you most as you became an adult?

About a Successful Transition through Adolescence

1. Did you feel comfortable about yourself when you were my age? With your family? With your friends?
2. Were you able and allowed to express your feelings when you were my age? Were you able to get along easily with others?
3. Did you do well at school? Did you participate in clubs at school or in the community when you were my age?
4. Did you experiment with smoking, drinking, sex when you were young? What do you think about these things now?
5. Was there anything really different/significant about how you grew up (rural, lots of brothers and sisters, not much money, moved to a different city or country, parent died, parents divorced etc) How did you handle that?

About Today and Your Time

1. Do you think that things are different for people my age today? How?
2. What do you think has changed in these areas:
 - finding work/jobs
 - getting an education
 - volunteering
 - pressure to consume
 - difficulty coping with life
 - smoking, drinking, drugs
 - having someone to talk to
 - sex, sexual orientation, gender
 - body image
 - staying at home longer
 - immigration, cultures, race, aboriginal people
 - crime/bullying
 - other issues

This is to certify that we completed the “Puberty/Adolescence Interview”

Participant

Adult Support Person