



Guide to Preparing a Biography/Autobiography about Puberty and Adolescence

This document provides an outline for preparing your composite or combined autobiography of a young person (based on everyone in your group adding items for the “autobiography”). This outline can also be used to prepare the composite or combined biography of the adults who were interviewed as part of this project. In your biography or autobiography you should cover these questions that relate to puberty and adolescence. Also, you should review the criteria for evaluating biographies (That document is linked to this webquest.)

About Puberty

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

About Goals and Skills

1. What kinds of things do/did you like doing when you were a teen?
2. What are/were you good at?
3. What is/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 the most as you became older?

About a Successful Transition through Adolescence

1. Do/Did you feel comfortable about yourself when you were a teen? With your family? With your friends?
2. Are/Were you able and allowed to express your feelings when you were a teen? Are/Were you able to get along easily with others?
3. Do/Did you do well at school? Did you participate in clubs at school or in the community?
4. Do/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	- having someone to talk to	- immigration, cultures, race,
- getting an education	- sex, sexual orientation,	aboriginal people
- volunteering	gender	- crime/bullying
- pressure to consume	- body image	- other issues
- difficulty coping with life	- staying at home longer	
- smoking, drinking, drugs		