

changes DURING PUBERTY – SOCIAL ASPECTS Lesson 11

Grades
4th & 5th

Parents

In this lesson we will explore how parent-child relationships change during puberty.

Materials needed: journals, Petite Amie Pamphlet #4 – Social Aspects, 3 x 5 cards labeled with the following topics:

Parent – Practice constant questioning about your daughter's life. If she begins to get irritated, tell your daughter that you only ask because you love her and whatever she wants to talk about with you is great. You just want to hang out and talk.

Daughter – talk to your parent about a topic in the news or in the world. Ask their opinions, share yours.

Daughter – talk to your parent about their values. Is there one that you have different opinions about? Let them know you value their opinions, but you are learning to make your own decisions and would like their opinion on something.

Daughter – Tell your parent about your day – what you did, who you hung out with, etc., and then ask about their day.

Daughter – Just hug your mom!

Daughter – Tell your parent you need more time to yourself these days. It's not that you don't love them, you are just need more privacy as you are growing up.

Daughter – Tell your parent, gently, about something they did that embarrassed you. You know they probably didn't realize how it made you feel.

Today you will need your journal and, question cards. I will be handing out Petite Amie Pamphlet #4 – Changes during Puberty – Social Aspects.

Side Note: Give them time to get out their things.

Open your journals to a new page. Put the date in the top right hand corner (or however you have your students head their papers). **Write what you ate for breakfast, and what you have/had for lunch. Does it follow the kind of healthy eating plan we learned about in our last lesson? Did you talk to your parents about eating healthy? I want you to write your thoughts about this. You've got 3 minutes. Go.**



Side Note: Give the girls 3 minutes to write. At the end of 3 minutes, tell them to finish what they are writing and put their pencils down.

If you have more to write, you can finish at the end of this session. Leave space in your journal if you think you'll need it.

Does anyone want to share what you've written?

Side Note: Try to get at least five girls to read from their journals.

You may get comments such as:

- ◆ **My mom says she knows what is healthy already**
- ◆ **My mom already did the shopping for this week, but she said I could help her with the list for next week**
- ◆ **My dad let me choose what we had for dinner last night**
- ◆ **I had exactly what I planned for breakfast, but I didn't have everything I needed for lunch**
- ◆ **I suggested a couple of meals for next week's dinners**
- ◆ **My mom says I am as healthy as a horse and I can eat whatever I want**
- ◆ **I exercise enough. I don't need to watch what I eat. I won't get fat.**

As they tell you what they wrote, you'll want to ask them whether or not they think they'll be able to, or even want to, continue to eat and exercise like we talked about last session. And if not, why not.

Also ask if their parents were interested in exercising with them.

You may get comments such as:

- ◆ **My dad goes to the gym everyday before work**
- ◆ **My mom plays tennis with her friends**
- ◆ **My whole family goes hiking together in the summertime**
- ◆ **I asked my mom if I could go to the gym with her but she said I was too young**

As soon as you get a comment about a girl who spends a lot of time with her family, change the topic a bit.

What other activities do you do with your parents?

Are there activities you used to do with your parents more than you do now? If yes, this is normal. For most of your life, your parents have been at the center of your world. They walk you to school, they plan your events and drive you to all your activities. As you go through puberty, this will change. Your friends will become more important to you. Their opinions will begin to influence you more than your parents' for the first time ever. And although this may seem a logical thing for you, your parents may not be ready for this to happen.

Have any of you begun to see this happen yet? As you go through puberty, your relationship with your parents will change. You may think that you have the best relationship ever with your mom or dad and that it could never change. And you may be right. But a time will come when you will want more privacy. You will also begin forming your own opinions which are independent of theirs and they may get the feeling they don't know you at all anymore.

Don't worry, there are ways to keep your relationship with your parents on an even keel. The best way to do this is to talk to them – a lot. So, we are going to do some role playing.



I need seven volunteers who are willing to participate in ‘talking’ to either your ‘parent’ or daughter’.

Side Note: Choose seven girls who you know are good conversation starters. Hand one 3 x 5 topic card to each girl chosen.

I am going to give these girls 5 minutes to prepare outside the classroom. They will need to come up with conversation topics based on what their cards say. Okay girls, go outside.

Side Note: While the girls are outside, prepare the rest of the class for the role play experience.

I need seven more girls to be ‘parents’ or ‘daughters’. Your job will be to have a conversation with your ‘parent’ or ‘daughter.’ You need to be able to encourage them on in the conversation – be dramatic. Those of you watching will be giving advice to the mom and/or daughter about how you think they can make their conversation more productive towards keeping a good relationship.

Side Note: Set up two chairs at the front of the classroom and have the first volunteer ready. Invite the girls getting ready outside back in. Choose one of them to sit down across from the girl already sitting in the chair at the front of the room. Ask the girl who was outside whether her card is a daughter or parent card. Let the girl already sitting know she will be the opposite.

Okay, whichever one of you has the card begin the conversation.

Side Note: Allow the girls to role play as much as they can until they need your help. Jump in and give them ideas if they need them. Give them a minute or two to have a good conversation. Then ask the rest of the class to give suggestions as to what the girl could say to make the conversation compassionate, respectful, and caring.

Get through as many role playing cards as possible.

I want you to take 5 minutes and write in your journal. Write what you think about the role playing you saw in class today.

It's been 5 minutes, finish up what you are writing. Does anyone want to share with the class what you wrote?

For homework, you are to have a conversation with one or both of your parents about what we learned today. Then you are to write at least one full page about how it went.



Developed by: Valerie Sabbag, Health Educator and curriculum developer.

This lesson was developed in consultation with Dr. Michelle Bourke.

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