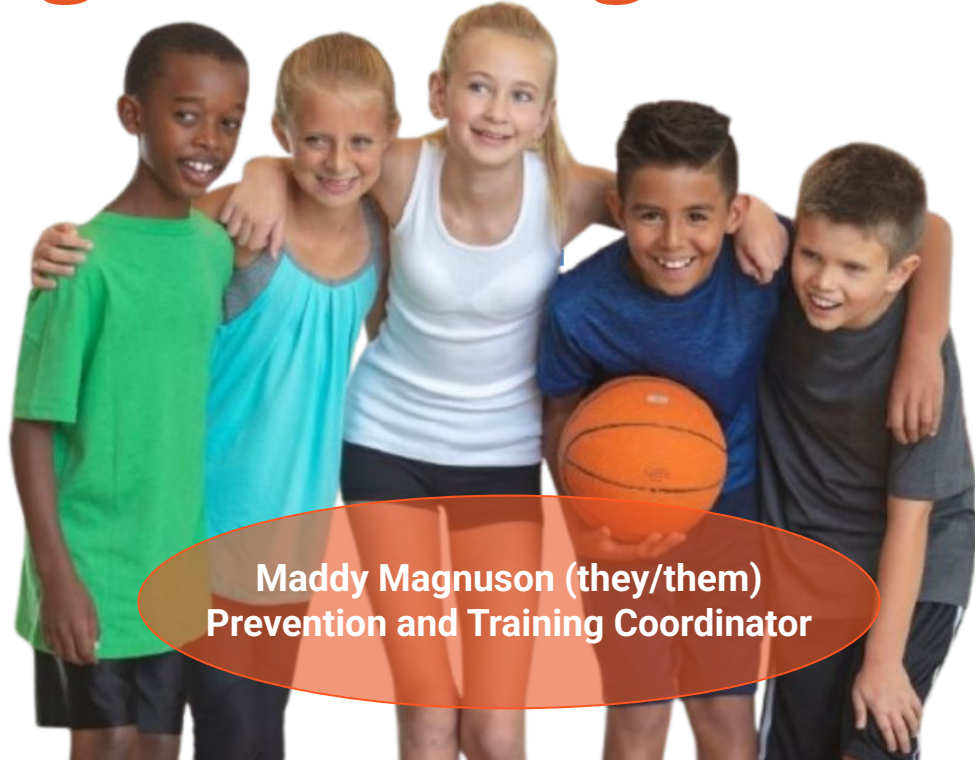


Supporting Students & Families Through the Changes of Puberty



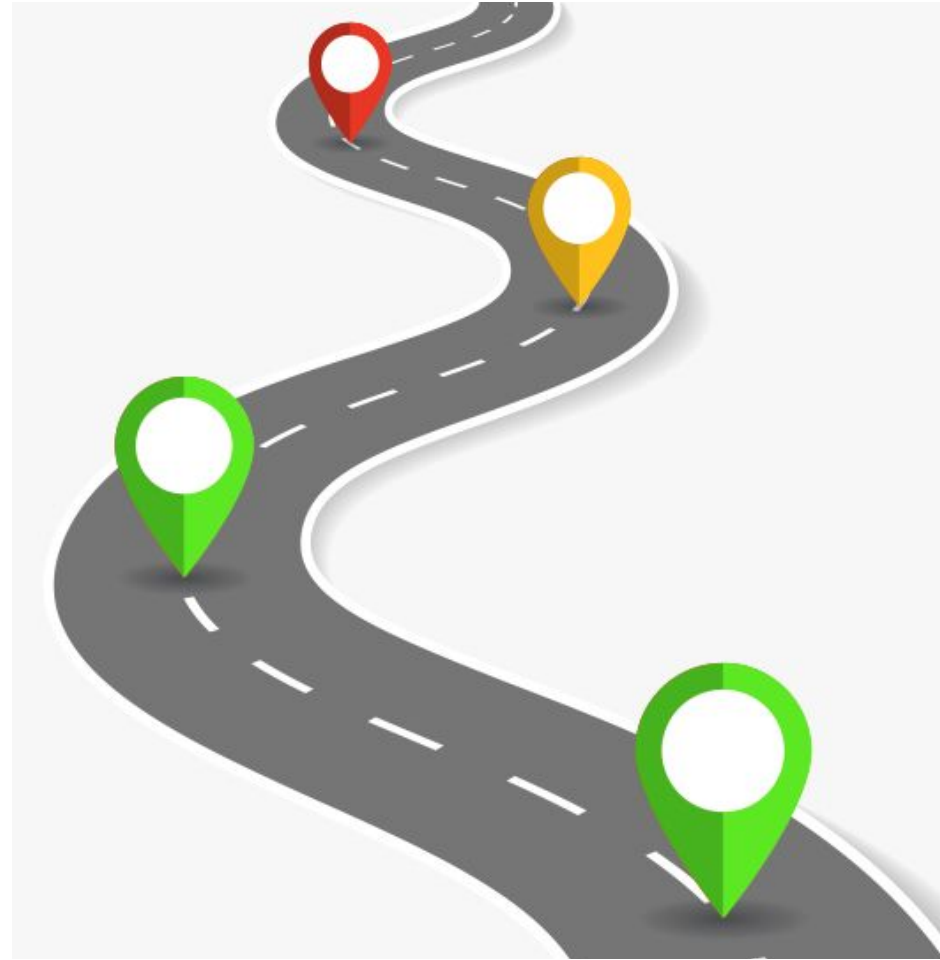
Maddy Magnuson (they/them)
Prevention and Training Coordinator

Let's Talk About Puberty

Learning Objectives

During this workshop, participants will:

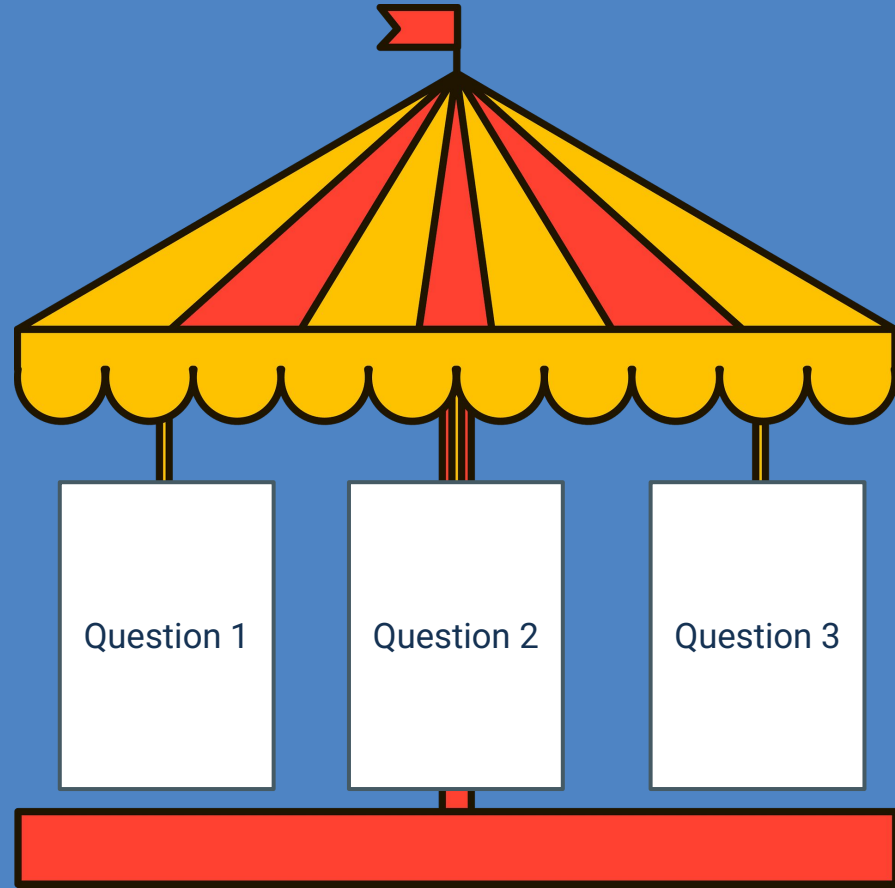
1. **Identify strategies** and **resources** for supporting students as they navigate the changes of puberty.
2. **Share information** for connecting and supporting families who have students entering the puberty years.



Carousel Activity

Instructions:

- Get in 4 **small groups**
- Take **3 minutes to discuss** and respond to the prompt
- **Repeat** at following stations when prompted
- **Report out** at final station
- **Debrief** as a large group



Puberty Facts

Puberty Data

Puberty Facts:

- Most females will start puberty when they're **8 to 13 years old**, and most males will start between **9 and 14**.
- Average age of **first period** is **11.9**
- Average age of first online porn viewing is **12**



Puberty Data

The 2025 Maine Integrated Youth Health Survey Data says...

- By 6th grade, 20% of students spend 2 hours or more a day without an adult present (15% in 5th grade)
- By 5th grade, 48% report having been bullied at school, 28% experienced online bullying
- By age 12, 25% of students have had a parent/guardian talk to them about sex
- By age 14, 10% of students report having had sexual intercourse (9% have had oral sex)



**How is puberty in 2026 the same as
when you were young?
How is it different?**



Puberty Curricula

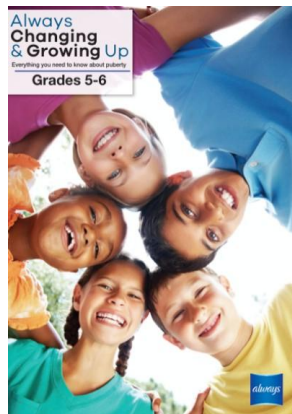
Puberty Curricula

Rights,
Respect,
Responsibility

A K-12 SEXUALITY EDUCATION CURRICULUM



teaching
sexual
health.ca



Free!

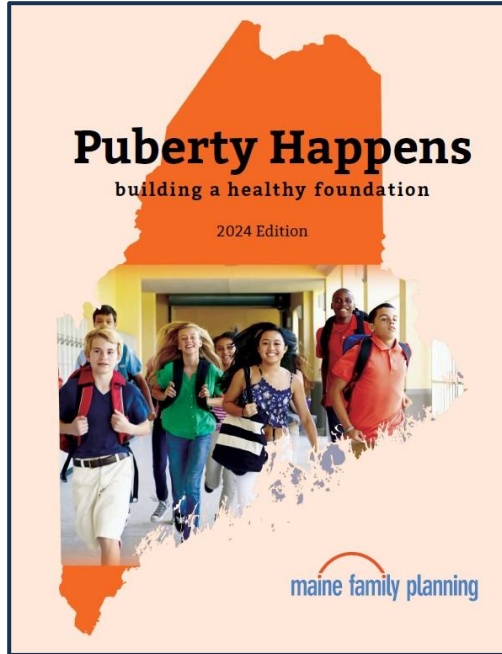


Puberty: the Wonder Years

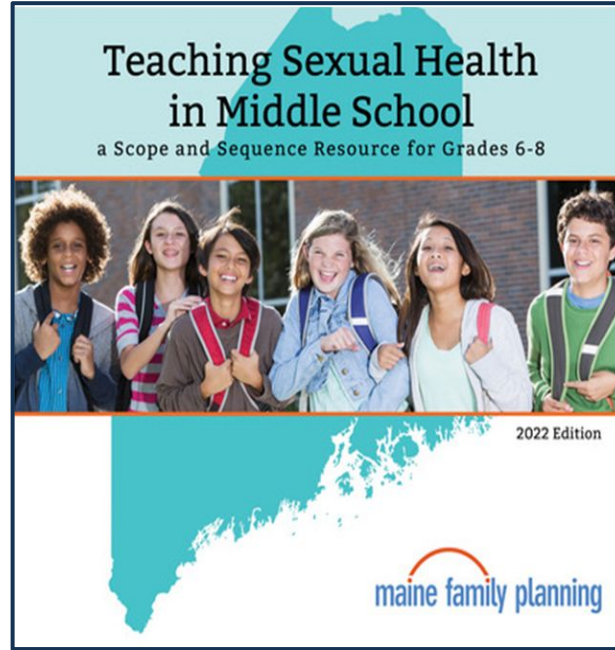


Not
Free!

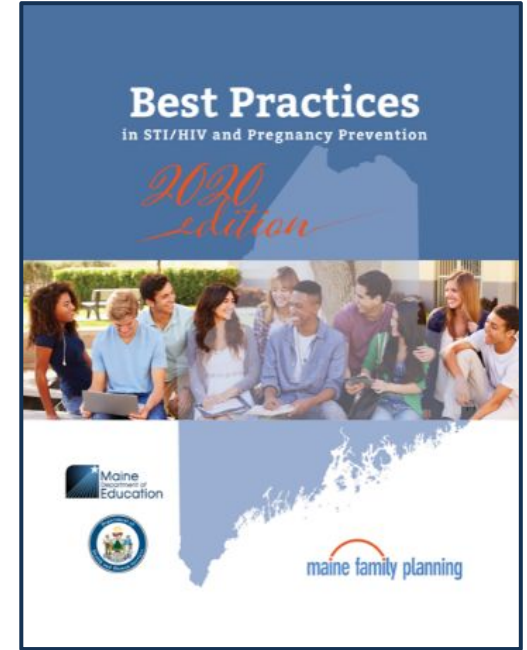
Check out our up-to-date
puberty resources on our website!



Grades 4-6



Grades 6-8



Grades 9-12

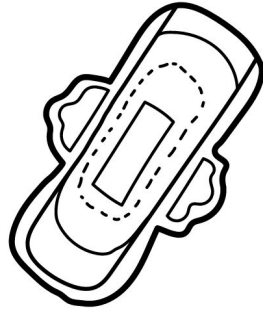
4 Lessons

- Changes of Puberty
- Reproductive Systems
- Taking Care of My Amazing Body
- Healthy Friendships

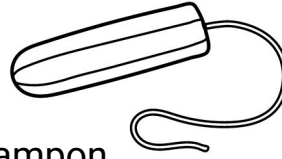
Puberty Picture Cards



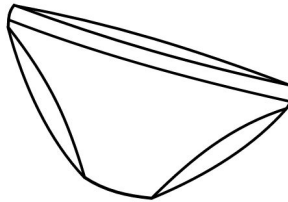
Period Products



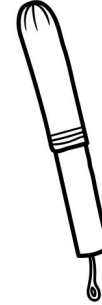
Pad



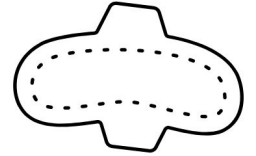
Tampon



Period Underwear



Tampon with
Applicator

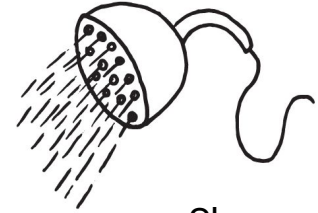


Panty Liner



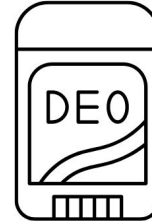
Menstrual Cup

Personal Hygiene



Shower

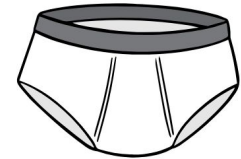
Toothbrush and
Toothpaste



Deodorant and
Antiperspirant



Clean Socks



Clean Underwear

Grooming and Self Expression

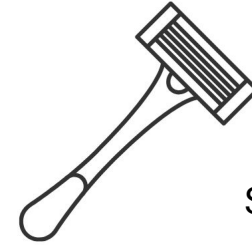
Head Scarf



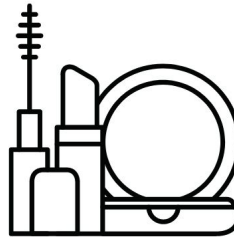
Hair Pick



Scissors and Comb



Shaving Razor



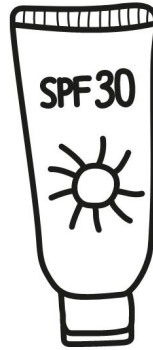
Makeup



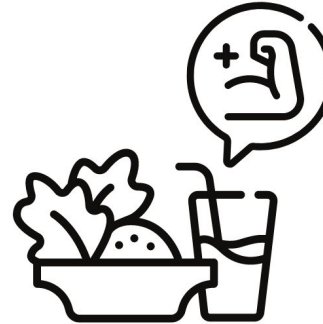
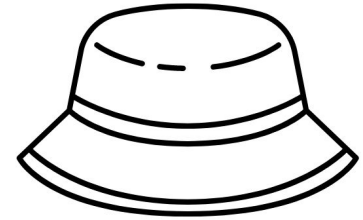
Nail Polish

Healthy Living

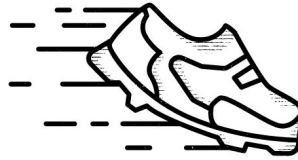
Sunscreen



Hat for Sun Protection



Healthy Eating



Exercise

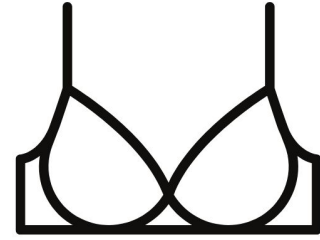


Water Bottle

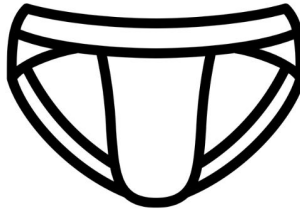
Supporting Growing Body Parts



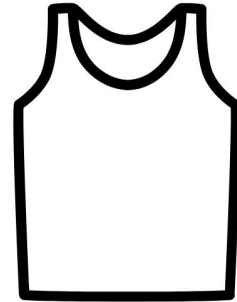
Sports Bra



Bra



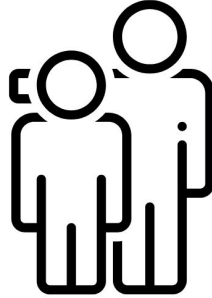
Athletic
Supporter



Chest
Binder

Getting Support When Feeling Uncomfortable

Supportive
Adults



Medicine



Healthcare
provider



Heating Pad



Acne
Cream

Puberty Resources

Puberty Resources

amaze.org
#MOREINFOLESSWEIRD

 **common
sense**
education



We are here for YOU!

- Provide assistance to schools
- Develop curricula & other resources
- Professional development
 - March: Full Day *Puberty Happens* Curriculum Training
- Develop and send out an e-newsletter
- Collaborate with other organizations

We are here to help you!
education@mainefamilyplanning.org

