

Grade 5: What Would You Do? (Scenarios)

1. The dance is tomorrow night and I woke up with a giant pimple!

Popping the pimple will make it worse, and can even lead to infection or scarring. Wash your face with mild soap or cleansers and warm water 2-3X daily. If acne gets worse buy acne products or see your doctor for a prescription. Don't worry about the pimple – it's common to get pimples and other people won't notice as much as you do. Go enjoy the dance!

2. I still shower as much as I used to, but now it seems like my hair is always oily.

Hair may become oilier due to increased hormone production. Shampoo regularly, brush and comb hair daily.

3. Lately, I've been really sweaty after gym class and I even stink!

Bathe or shower daily. Use deodorants or antiperspirants. Do not substitute the use of body sprays, perfumes, or colognes for showers. If using these products do so sparingly. Many schools and public buildings are now scent free because many people are allergic to scents/fragrances. Wear clean clothes. Change socks and underwear daily.

4. I feel like I want to do things on my own, but my parents still treat me like a little kid. It's so frustrating!

Wanting to be more independent is a common part of puberty. But sometimes, we are not on the same page as our parents/guardians when it comes to what we can and cannot do. It is important to gain and maintain your parents' trust by showing that you can be responsible.

5. Lately, my little brother gets on my nerves all the time. Everything he does is so annoying!

During puberty, it's common to experience strong emotions, and sometimes to feel like you're on an emotional rollercoaster. Try to keep your cool and do some things to help you cope with your feelings, such as getting exercise, eating healthy, getting enough sleep, and doing things you enjoy. It can also be helpful to talk about your feelings to a trusted adult.

6. Some of my friends are starting to date, but I have no interest in that right now.

During puberty some students start to become interested in dating. Having a romantic interest in another person is common. It can feel very exciting, but also confusing. These feelings happen because of hormonal changes and can happen at any time during puberty.

7. All of my classmates seem to be growing up quickly, but my body still looks like I'm a little kid. I feel so left out!

Puberty causes many physical and emotional changes, but we experience these at different times. So sometimes you may feel like you're going through it alone or like you're lagging behind. Remind yourself that there is no "normal" or "abnormal" timing for these changes to take place. Trust that your body knows what to do and that you have the skills and knowledge to deal with these changes.

8. It seems like my body is changing more quickly than all my classmates. I feel so self-conscious!

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9. I've started having feelings for my best friend. Now I'm embarrassed and flustered whenever I'm around him.

Because of hormonal changes, it is common to start to develop romantic feelings towards another person during puberty. It is ok to feel embarrassed and flustered because of these new feelings. It can help to talk to the person or to a trusted adult about your feelings. Remember that people develop romantic interests at different times and that our feelings are not always shared. That's ok! Continue to treat yourself and others with respect and kindness. Remember what you value about yourself and in your life. Make sure that when you make decisions, you are doing what is best for you and what feels right.

10. My older sister told me that I need to shave, but I'm not sure I want to.

Hormonal changes in puberty cause hair growth in different places in the body and on the face. Removing hair (by shaving, for example) is a personal choice. Shave if/when you feel comfortable doing so.