

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 who might give you a specific 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. Put clean clothes on after gym class and working out. 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. Try having an open conversation and talking with your parents about wanting to do things on your own.

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

During puberty, it is common to experience strong emotions, and sometimes to feel like you are 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 nutritious/healthy foods, getting enough sleep, and doing things you enjoy. It can also be helpful to talk about your feelings to a trusted adult and/or parent/guardian.

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. Sometimes you may feel like you're going through it alone or like you're lagging behind your peers. Remember that there is no "normal" or "abnormal" timing for these changes to take place. Trust your body and know that you have the skills and knowledge to deal with these changes when they happen. Sometimes people grow tall and fast in the early stages of puberty, but then they might stop growing. Eventually you will start growing, and you might even end up out-growing them and become taller.

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

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lagging behind your peers. Remember that there is no “normal” or “abnormal” timing for these changes to take place. Trust your body and know that you have the skills and knowledge to deal with these changes when they happen. Remind students that puberty happens at different times for people, so sometimes students might see changes (i.e., breasts develop, voice changes, height, weight, etc.) at a younger age compared to their peers. This is normal!

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

Because of hormone changes, it is common to start to developing 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 a trusted adult and/or parent/guardian about your feelings. Remember that people develop romantic interests at different times and that our feelings are not always the same as others. That is 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.

Hormone changes in puberty causes hair growth in different places on the body and sometimes even on the face. Removing hair (by shaving, for example) is a personal choice. Shave if/when you feel comfortable doing so. Remind students that they do not need to explain their choice to shave or not to shave. Other cultures/religious have beliefs where shaving is not allowed/permitted. Be respectful of other people's decisions.