

### Alex's Story

**Time:** 15 minutes

### Materials

- [They Tell Me I'm Going Through Puberty story – Alex's story](#)

### Instructions

- Distribute copies of the story to students and/or project Alex's story using the SMART board or a projector
- Read the story aloud
- Discuss the story with the students, using the suggested question below:
  - Ask students if they think the changes that Alex is experiencing are common? (purpose of the reproductive system is to grow and develop in preparation for reproduction, there are variations in how puberty is experienced and that while some changes are "common", such as those experienced by Alex, there is no "normal" or "abnormal" when it comes to puberty.
  - Are there other changes that Alex might experience that were not discussed or identified?

### Variations

- Have students discuss this story in small groups or use Think-Pair-Share throughout discussion
- Extend activity by having groups choose one of the changes identified in the story and discuss how Alex can manage the change
- You can follow immediately with 'What's in the bag?' activity to review hygiene in relation to the physical changes that occur in puberty