

# Puberty Scenarios

## Scenario 1

Gemma, Nyla and Jessica have been friends for years. Gemma and Nyla both say they have started their periods. Nyla says Jessica is a baby because she hasn't started yet. Gemma doesn't think it is fair for Nyla to pick on Jessica. Jessica is worried that something is wrong with her because both her friends have started.

- What can Gemma say to Jessica?
- What can Gemma say to Nyla?
- Who could Jessica talk to?

### Extension question

Nyla hasn't started yet, why might she have told her friends she has?

## Scenario 2

Mario has lots of friends both boys and girls. Recently he has started feeling differently about one of the girls. He thinks she is really pretty and doesn't seem to be able to speak to her without getting his words muddled and blushing. Some of his friends have noticed and are teasing him about it.

- What can Mario do?
- How could his friends help him?
- Who could Mario talk to?

## Scenario 3

Alexia has been friends with Sofia for a couple of years. Recently she has started to look at Sofia differently and is feeling attracted to her. She is thinking that she might be gay.

- Why might Alexia be feeling this way?
- Who could she talk to?
- Is Alexia gay because she feels attracted to a someone of the same sex?

### Extension question

Why is puberty a time when Alexia starts to feel attraction to other people?

## Scenario 4

Rowan and Kai have been friends for a while, but they sometimes fall out. Recently Kai has noticed that Rowan is a bit smelly and he thinks some other children in the class have noticed too. Rowan and Kai are getting on really well at the moment, so Kai is a bit worried about upsetting Rowan.

- What could Kai say?
- What might happen if Kai doesn't say anything?
- Who else might be able to help?

### Extension question

What changes are happening to Rowan which is making him smell differently?

## Scenario 5

Poppy and Maya have been friends since they started school. Recently Poppy has been moody and doesn't always want to play with Maya. She has made friends with some other girls that she didn't used to like. It's making Maya feel really unhappy.

- Why might Poppy be moody?
- How might Maya feel?
- What can Maya do?

### Extension question

What might happen to Maya and Poppy's friendship as they both grow up and go through puberty?