

## RELATED FOUNDATIONS:

- Student Engagement

## RESOURCES:

- Question Box (create or use a box)
- [The Answer Box](#): Puberty and Sexual Health Q&A videos from the Shore Centre  
**\*Please Note:**  
**Educators are encouraged to watch videos prior to sharing with the class to ensure content is appropriate for their specific group of students.**

## Question Box

**ACTIVITY GOAL:** To encourage open communication about growth/development in a comfortable environment where students can ask anonymous questions that identify concerns, while providing the educator with time to review and respond.

### ACTIVITY INSTRUCTIONS:

It is best to use this activity following a class lesson on growth and development.

1. Create/ provide a box for submission of anonymous questions.
2. Distribute a piece of paper to each student.
3. Inform class they will submit an anonymous question using the piece of paper. Every student must submit a piece of paper whether it has a question or not (to ensure anonymity).
4. Set ground rules before questions are created and submitted (e.g. Questions that are not perceived as serious will not be answered).
5. Plan to answer questions the following class. Review questions and prepare answers before sharing with the class. ~~prepare to answer during the following class.~~

### EDUCATOR CONSIDERATIONS

- Tip: [The Answer Box](#) videos provide examples of questions and responses that may help when responding to your class
- If it is an information question, provide simple, straight-forward factual information to students.
- If it is a feeling question, attempt to give honest responses that reflect the feelings you wish to portray
- If the question is about the student's feelings, try to validate them.
- When the question is more about values than facts, consider asking students to discuss this topic with someone they trust.

### Curriculum Connections

Grade 4: C1.5 and C2.4 Puberty (changes: emotional and social impact, personal hygiene)

Grade 5: C1.3 Reproductive systems; C1.4 Menstruation, spermatogenesis; C2.4 Emotional interpersonal stresses- puberty

Grade 6: C1.3 Development of self-concept; C2.5 Understanding of puberty changes, healthy relationships; C2.6 Decision making in relationships; C3.3 Stereotypes and assumptions- impacts and strategies for responding

Grade 7: C1.3 Delaying sexual activity; C1.4 STIs; C1.5 STI and pregnancy prevention; C2.4 Sexual health and decision making; C3.3 Relationship changes at puberty

Grade 8: C1.4 Decisions about sexual activity; support; C1.5 Gender identity, sexual orientation, self-concept; C2.4 Decision making, contraception; C3.2 Relationships and intimacy

