

Video Questions

Everything You Wanted to Know...Girls

Before Video:

- a) How do you think Jessica felt when she awoke to find out her first period has begun? (scared, embarrassed, concerned, etc.)
- b) Was Katie helpful to Jessica? (yes-got her sister, pads, information)

Watch video.

After video: answers to questions a) and b)

- c) Would it have been different for Jessica if she didn't know about periods? Why?
- d) Do you think Lisa, Katie's big sister, was a good source of information? Why?
- e) Do you think Jessica will tell her mother what happened at the sleepover. Why?

Summary:

What are some of the feelings you could encounter when you have all of these changes of puberty happen to you? (list on board, pretty normal feelings!)