



Interview with a Puberty Expert!

Questions to ask someone who has been through puberty

1. How old were you when you started puberty? _____

2. What were the things that made you realise that puberty had started?

3. How did you feel about the changes that were happening?

4. Did you develop at the same rate as your friends? If not, how did that
affect you?

5. What were the most embarrassing things about puberty and why?

6. Who did you talk to about your changing body? Did it help?

7. Did you talk to your friends about puberty? Did it help?

8. What advice would you give someone who is currently going through puberty?

