



Dear Trusted Adult,

Changes! Puberty can begin between the ages of 8-16 and with it can come many changes to a person's body, feelings and relationships. This kit is designed to help you support young people in learning about puberty.

Here are some tips:

Reflect on your feelings, values and biases about puberty and sexuality – Be honest with yourself. Use the reflection questions in the activity card deck to help you.

Be gender inclusive - It's valuable for all of us to learn about human bodies and others' experiences - to better understand friends, siblings, or future partners.

Consider your relationship with the young person – Whether you have a personal or professional relationship can guide how much you share personal opinions and experiences. If you're a mandatory reporter, it's important to let people know. Consider: Who are other trusted adults that they could turn to learn more about values and culture? How can you support youth in developing their own values and opinions?

Be concrete – Use medically accurate language and keep it simple and frank. Use scenarios to make things more realistic.

Mix it up – Use books, items that can be touched, visuals, games, videos, websites. We all learn in different ways. Interaction is more engaging than lecture!

Respond honestly – Let young people know that their questions are welcome.

- 1) **Affirm** the question (Example: "I'm glad you asked that. Many people your age wonder about it.")
- 2) **Clarify** the question (Example: "When you say the word _____, what do you mean by that?")
- 3) **Answer** the question addressing facts, and helping to explore the feelings and values behind the question.

Don't worry about...

- **Being embarrassed (or not).** They may be embarrassed, too. Practice can make it easier!
- **Not having all the answers.** No one does! Just follow up by offering to find the answer or connecting them with someone who does.



adolescents and communities together



What you will find in this kit

Activity cards with self-reflection activities, cultural exploration activities, conversation starters, and teaching guides.

Body care cards with photos of items like deodorant, hair combs, and period products, as well as gender affirming supplies to support transgender youth. Helpful to start conversations about what items are for, how often they are used, and how to use them safely. Some items may be familiar and some may be new.

Find information and talking tips for the body care cards in the "Puberty Education Kits" section of our web page:

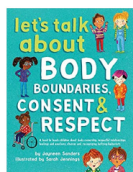
www.multco.us/services/sexual-health-education



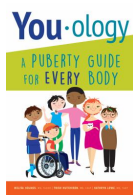
Resource list with more information and services.

Kit evaluations – we'd love your feedback!

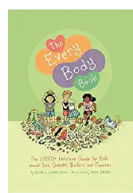
Books (in order by reading level):



1) *Let's Talk About Body Boundaries, Consent and Respect*
by Jayneen Sanders



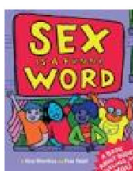
6) *You-ology: A Puberty Guide for Every Body*
by Melisa Holmes



2) *The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies, and Families*
by Rachel E. Simon



7) *Calling the Moon: 16 Period Stories from BIPOC Authors*
Edited by Yamile Saied Méndez and Aida Salazar



3) *Sex Is A Funny Word*
by Cory Silverberg



8) *Puberty is Gross but Also Really Awesome*
by Gina Loveless



4) *The Autism Friendly Guide to Periods*
by Robyn Steward



9) *Wait, What? A Comic Book Guide to Relationships, Bodies, and Growing Up*
by Heather Corinna



5) *It's Totally Normal! An LGBTQIA+ Guide to Puberty, Sex and Gender*
by Monica Gupta Mehta



10) *Sex Positive Talks to Have With Kids*
by Melissa Pintor Carnagay



Youth Sexual Health Resource List



Relationship Support



**Bradley Angle
House Shelter**
503-232-1528
bradleyangle.org



Call to Safety* 24/7
503-235-5333 or
888-235-5333
calltosafety.org



Proyecto UNICA*
(servicios en español)
503-236-9591
elprograma.org/unica



SARC*
**(Sexual Assault
Resource Center)**
503-640-5311
sarcoregon.org

VOA Home Free
503-771-5503
Teen Advocate* Cell:
503-388-8211 (text
8a-5p M-F)



**Youth Line 24/7 Teens
Helping Teens (4-10 pm)**
1-877-331-9474 OR
Text TEEN2TEEN to 839863
oregonyouthline.org

Culturally Specific Advocacy & Support



**Bradley Angle Healing
Roots Program**
503-595-9591
tinyurl.com/heal-roots
*African American domestic
violence survivors*



IRCO
**(Immigrant & Refugee
Community Organization)**
503-234-1541
irco.org



Latino Network
503-283-6881
latnet.org



NAYA
**(Native American Youth
And Family Center)**
503-288-8177
nayapdx.org



Ross
**(Russian Oregon
Social Services)**
503-777-3437
emoregon.org/ross



SEI
(Self Enhancement, Inc)
503-249-1721
selfenhancement.org
Supporting at-risk urban youth

Disability Specific Support



**Autism Society of
Oregon**
autismsocietyoregon.org
1-888-288-4761 *Resources,
education, advocacy for
those living with autism*



**Multnomah County
IDD Services**
multco.us/dd
*Services for people
with intellectual and/or
developmental disabilities*

Project DART
**(Disability Awareness
Resource Team)**
503-988-6481



**Sexual Health Equity for
Individuals with Intellectual/
Developmental Disabilities
(SHEIDD)**
ohsu.edu/sexual-health-for-all
*Sexual health education resources
to support people with disabilities*

* You can talk to someone who is not a mandatory reporter – ask to confirm



LGBTQ Services & Support



Bradley Angle House

503-232-7805

tinyurl.com/lgbtq-svcs

LGBTQ domestic violence support



LGBT National Youth Talkline

1-800-246-7743

teenlineonline.org

Support & resources for LGBTQ+ youth



Q Center

503-234-7837

pdxqcenter.org

Safe space to support and celebrate LGBTQ community



TransActive Gender Center

503-252-3000

tinyurl.com/transactivesupport

Services and support for gender diverse children, youth & families



SMYRC (Sexual & Gender Minority Youth Resource Center)

503-872-9664

smyrc.org



The Trevor Project

1-866-488-7386

thetrevorproject.org

Crisis counseling & support for LGBTQ+ youth

Informational Websites



Amaze

amaze.org

Videos for 6th-8th graders about sexual and reproductive health



AWN (Autistic Women & Nonbinary Network)

awnnetwork.org/blog

Blog about experiences of Autistic people of marginalized genders



Awkward or Not?

awkwardornotapp.org

A quiz to see how ready your parents are to talk about dating and sex



I Wanna Know!

iwannaknow.org/teens

Sexual health information



KidsHealth

kidshealth.org/en/kids

Information on bodies and staying healthy



Love is Respect

loveisrespect.org

Empowering young people to prevent & end abuse

Fragrance Free Personal Care Products



Brownstargirl.org



East Bay Meditation Center

Health Services



Crisis Line (24/7)

503-988-4888

tinyurl.com/multcomhcrisis



Multnomah County STD Services

503-988-3700

tinyurl.com/multcostd



Planned Parenthood

503-788-7273

plannedparenthood.org



Student Health Centers

503-988-4424

tinyurl.com/studenthc

Personal Resources

People I can talk to about puberty and sexuality are:

* You can talk to someone who is not a mandatory reporter – ask to confirm





Survey | Puberty Education Kit

Thank you for checking out a Puberty Education Kit! Please answer these questions to help us improve the kits. Leave this survey in the tote bag when you're done.



Are you a young person or an adult?

Young person (under 18 years old)

Adult (over 18 years old)

If you are an adult, what is your relationship to the young person with whom you used this kit?



Which Puberty Education Kit did you use?

Autism-specific

Black/African American culture-specific

Latin culture-specific



What did you like about this kit? Please share details.

More to share? Feel free to write on the back of this sheet.



What is something you learned from using this kit?

More to share? Feel free to write on the back of this sheet.



What would make this kit better? Please share details.

More to share? Feel free to write on the back of this sheet.



Would you recommend this kit to someone else? Yes No

If you would like to share more feedback about this kit, please contact Molly by emailing molly.c.franks@multco.us or calling 503-806-3946.



Library staff: Please send completed surveys to Community and Adolescent Health I/O 448/02/0000.

