Puberty is an important period of biological changes that children go through as they move toward becoming adults. These changes typically occur earlier in girls than in boys. In addition to changes in their body and emotional changes, puberty includes maturation of their cognitive and moral development, and how they view themselves and others. It is important to talk with your children and prepare them for the changes that they are about to go through as they enter puberty and to begin to discuss sexuality education.

Internet Resources about Puberty

The websites listed below are for you, the parent, to utilize as a resource to help you talk with your child about puberty. Please use as you feel is appropriate for your child.

http://kidshealth.org/parent/growth/growing/understanding_puberty.html#cat10007 Kids Health website has a wealth of information about health topics including puberty. Look through the many offerings to find topics to learn about. The link here is directed specifically to parents and understanding what's going on with your child when they are going through puberty.

http://kidshealth.org/kid/grow/boy/boys_puberty.html Information about boys and puberty from KidsHealth. It has answers for some of the questions that boys may have about puberty.

http://www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/default.aspx This website has detailed information about puberty explaining the changes that will take place during puberty from the **American Academy of Pediatrics**. Includes sections on "Concerns Boys Have About Puberty,' "Concerns Girls Have About Puberty," "What's Happening to my Body?" "Puberty and Parents," and "Talking to Your Child about Sex"

http://www.healthfinder.gov/
healthfinder.gov is an award-winning Federal Web site for consumers, developed by the U.S. Department of Health and Human Services together with other Federal agencies. Since 1997, healthfinder.gov has been recognized as a key resource for finding the best government and nonprofit health and human services information on the Internet. healthfinder.gov links to carefully selected information and Web sites from over 1,500 health-related organizations. Has a section on Parenting: Healthy Communication and Relationships.

www.tampax.com Commercial website with information about the knowing your body, menstrual cycle, daughter chat, etc.

www.kotex.com Commercial website, has a section with articles and information "my period," "my daughter's period."

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