

LESSON: 4.6 Puberty | Let's Talk about Puberty (FOR BOYS ONLY)



ACTIVITY: Reflection Activity (4.6 RA PQ1)

The Real Talk Team shared some important suggestions for how to deal with the many changes that will come your way over the next few years.

What are some strategies that you are going to try out in your life?

What **questions** do you have when it comes to growing up and going through puberty?

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