

Puberty Education Project – “Ready, Set, Grow”

Community-led Discussion questions

You can share this list of questions with your discussion group when you all meet or before you meet. The discussion questions are in two parts:

Part 1 for parents, carers, teachers & adults, and
Part 2 for Parents/carer and school children

Each section has a:

Part A about the “Ready, Set, Grow” Resources, and
Part B about your ideas for videos that will be included in the program.

You and your group can decide which questions you want to discuss first.

No names are to be included in the feedback, so all feedback is anonymous.

A feedback document is also available for parents who discuss resources with their children privately. They can email and post their feedback to HCQ directly if they wish.

Please email your feedback to HCQ by 10 October 2025 and post feedback using the return post envelopes in your host pack.

Part 1 - Questions for parents, carers, teachers & adults

Discussion questions – Part A

Questions about the “Parent Letter”

Question
Did the letter clearly explain the program & the reason for the program?
Your discussion could include: <ul style="list-style-type: none">• Any concerns you have after reading it• Do you think any information is missing?• How you feel about the content (what was written)?
Are there any other topics you believe should be a part of the education series, in addition to the six outlined in the parent letter?

Questions about the mood board

Questions
What do you think of the images, colours, and style of the ‘mood board’?
Do you think the style, images and colours feel relevant for your child?

Facilitator presentation

Question
Does the content (information) help address any concerns you have about puberty education for school children?
Do you think this program includes and speaks to students from all cultural, language, and diverse backgrounds?
If you are a parent or carer, what information would you like to be included in these resources?

Discussion questions – Part B

Video resources

Videos about puberty will be included in the program. The videos will be about real-life experiences, and “Ask an Expert” style, where a young person can ask an Expert for information about the topic.

Everyone in your group is also welcome to write their own feedback and give to the discussion host, to include in the feedback returned to HCQ or email it back to HCQ directly. You can answer as many questions as your group can, and are comfortable with.

Puberty & Personal Growth

Question
What’s something about puberty that totally surprised you?
If you could go back and tell your younger self one thing about puberty, what would it be?
What’s a hygiene or self-care tip you wish someone had told you sooner?
If you could change one thing about the way people talk about puberty, what would it be?

Menstruation & Body Changes

Question
What’s the weirdest or funniest period myth you’ve ever heard?
What’s something you wish more people understood about periods?
Can you think of a time when you or someone you know felt awkward about periods? What happened?
What are the parts of periods that aren’t often talked about?

Part 2 - Parents/carers and school children

These questions are more specific to school children.

Parents and their children can discuss together and share any feedback to HCQ directly via email and post.

You do not have to answer every question. You all need to feel comfortable and do what is suitable for you and your children.

Discussion questions – Part A

Facilitator presentation

Question
Was anything unclear or confusing?
What would make this resource better for you or other students your age?
How engaging was the content? (or was it boring or uninteresting?)

Discussion questions – Part B

“Ask the Expert”

Question
If you could ask an expert anything about puberty, what would it be?
What are the trickiest parts of this topic that aren’t often talked about?
Are there any topics you want to know about, but not sure how to ask?
What’s one piece of advice you wish older kids had told you about puberty?

General questions about puberty

Question
What would you tell a younger student about staying safe online?
What’s one emotion you feel more often now than before puberty? How do you deal with it?
If you’re 13-14 years old, can you remember a time when you thought something was “weird” about puberty, but later learned it was normal?
If a younger student asked you about periods, what would you say to make them feel less worried?