Psychology
Adolescent Letter Assignment

Children are not often properly educated about what to expect regarding the upcoming physical changes that puberty will bring. If children are prepared by learning about both potentially negative and positive effects, the reality of the process may be less of a shock. It is also true that some children may possess overly positive or overly negative expectations about puberty, which might potentially skew their perceptions of the process. Unfortunately, most adults are reluctant to broach the subject with children, largely due to their own feelings of embarrassment about the entire topic.

In this assignment you will have the opportunity to practice one method of communicating this information – which hopefully will lessen any feelings of embarrassment you yourself may currently/in the future feel about the topic - via a letter to an imaginary, pre-adolescent child.

Create a detailed letter that describes the major physical changes that are to be expected (e.g., height increase, complexion changes, etc.), from beginning to the end of adolescence. Use your own personal experience from going through (and surviving) puberty yourself, as well as the information gained in your assigned text reading and lecture materials to complete this assignment.

Be sure to use language and terminology that can be comprehended by a pre-adolescent child, but do also incorporate some proper biological terminology as well. Feel free to interject realistic information about related aspects of pubertal development – such as advice on emotional reactions to the changes, the pragmatics necessary in adjusting to the changes (e.g., using deodorant, shaving, etc.) – when applicable.

NOTE: This letter is not actually going to be delivered to anyone. The purpose of the assignment is to help you review some of the adolescent and pubertal change as well as giving you practical experience communicating to a teenager. You may be a parent someday and have a use for this letter!!

Requirements:
- If your last name starts with A-M, you are writing to a GIRL.
- If your last name starts with N-Z, you are writing to a BOY.
- Typed, single-spaced, 1-2 pages (you don’t need a header)