

Puberty Beach Ball – Ashley Fiore, LCSW

USE FOR: FUTURE DEVELOPMENT

Material: A Dollar Store beach ball for your office. Write questions using a Sharpie. Ensure you have vetted the questions with caregiver first. Add any the caregiver thinks should be included and any the child thinks “other kids” might want to know but be afraid to ask. See if the child can stump their caregiver.

How to Play: Caregiver and child turns tossing the beach ball in the air and when they catch it, notice where your thumb lands. Read the question your thumb lands on or the question closest to your thumb. Use the internet or books if the client wants more information on a certain topic.

If they are willing, ask the client for a puberty question to add to the ball have them write it in advance of this conjoint session.

Puberty Ball Questions

- When do girls get their period?
- T or F: You can't go swimming while you are having your period.
- How often should I shower or bathe?
- When can I start dating?
- What is a wet dream?
- How often should I shave my legs?
- Why am I hungry all the time?
- Who goes through puberty first: boys or girls?
- Why do some guys have a high, squeaky voice when others have a deep voice?
- Does everyone get acne?
- When do I need to start wearing a bra?
- What is a healthy weight for a teenager?
- When do boys start growing facial hair?
- T or F: Everyone on birth control is having sex.
- Your friend has B.O. What should you do?
- T or F: You can't get pregnant when you're having your period.
- When will my body start changing?
- T or F: Only some girls can use tampons.