



Name: _____

Date: _____

You Can't Embarrass Emily!

Instructions: Imagine you're "Dear Emily," the greatest advice columnist ever. You're accurate, funny, and you refuse to be embarrassed when kids and teens write in with their awkward questions about puberty! Select one of the letters below, do some research at KidsHealth.org, and write a reassuring response. Be sure to include an explanation of the changes the writer is experiencing and what the writer can do about them.

DEAR EMILY



Dear Emily,

I'm so mortified. As if it wasn't bad enough that my breasts have been sore for weeks, now they are two different sizes! I'm never going to be able to wear a bathing suit in the summer. What's going on, and what can I do about it?

Sincerely,
Unbalanced Uma

Dear Emily,

I'm embarrassed to even leave the house these days. Not only do I have pimples all over my face, but they're on my back and chest, too. Yuck! What causes these nasty bumps, and how can I get rid of them?

Sincerely,
Bumpy Bella

Dear Emily,

This puberty thing is so humiliating! I woke up the other night with my underwear and my bed all wet! What's going on, and is this going to keep happening to me?

Sincerely,
Wet Wayne

"This puberty thing is so humiliating!"

Dear Emily,

Wow, after I play basketball these days, I am stinking myself out! I've got a serious smell coming from my body. Why am I suddenly smelly, and what can I do to get rid of the odor?

Sincerely,
Stinky Stan

Dear Emily,

I finally got my period for the first time about 6 months ago, but it's certainly NOT on a 28-day cycle! After I first got it, I missed a month and then I had two periods with hardly any time in between! Is something wrong with me? Will I ever be regular?

Sincerely,
Irregular Irene