

YEAR 6 Puberty Problem Page

A problem shared...

Dear Problem Page,

Boys in my class sometimes talk about wet dreams. When I asked what they are they all laughed at me and now they keep going on about it. How will I know when I have a wet dream and how can I stop them making fun of me?

P, 12

“They all laughed at me”

“He’s asked me out and I don’t know what to do”

Dear Problem Page,

My family doesn’t talk about things like sex and going out with people. I’ve got an older sister but she is married and doesn’t live with us anymore. I know about some stuff but now this boy has asked me out and I don’t know what to do. What does going out mean and how do you do it?

T, 12

Dear Problem Page,

Growing Pains

I am starting puberty and I have lots of questions about growing up. I don’t live with my family so I can’t ask them about it and I feel embarrassed about asking my carer. Who should I speak to and what should I say?

A, 11

Dear Problem Page,

Too Close to Home

I can’t talk to anyone in my family about personal things because they get too embarrassed. I had my first period last week but I didn’t tell anyone. I don’t know what to do when I have it again. How can I get sanitary protection and what do I do if I have to go swimming? Please help.

R, 12

Dear Problem Page,

My nan never lets me go out with my friends on Saturday. The only time she said I could go out she told my brother to come and meet me after the cinema and bring me home. It was really embarrassing and I got really mad at her. What can I do to make her see that I am growing up and need more freedom?

S, 12

Dear Problem Page,

People in my class often say stuff is gay when they mean that it is rubbish. It really upsets me because my aunties are gay. I can’t tell anybody in my class because they might start saying things about me. Why do people say things like that and how can I make them stop?

A, 13

“How can I tell her I need more freedom?”

Dear Problem Page,

Ballet Blues

I’ve been doing ballet since I was seven and I really enjoy it and have been in two shows. Before nobody said anything about it, but since I’ve been at my new secondary school people in my class sometimes laugh at me and make jokes about it. Why do people think boys shouldn’t dance and what can I do to stop them making fun of me?

W, 13