



INTRO TO PUBERTY

Description of this class for parents + caregivers

By third and fourth grade, many kids are entering the very early stages of puberty—if they're not developing, they're almost certainly beginning to notice changes in their peers. For some, this might show up as new curves or growth spurts or moodiness. It's a wide range of shifts that can lead to comparisons (and sometimes even worry) that some kids are far ahead, lagging behind, or just plain different from others.

Research shows that [puberty](#) starts earlier than it did when many of today's parents were growing up. What used to begin around age 11 for many now starts, on average, between 8-10... but is also completely "normal" if puberty doesn't appear until 12 or 13. This age disparity is confusing, both intellectually and practically: chances are, a third grader navigating new changes sits next to a classmate whose body hasn't begun changing at all. There is no single "right" timeline for puberty—everyone has their own path through when it will start, what will transform first, how long the process will last, and what things will look like when it's done.

Here's the catch: developmentally, third graders are curious, socially sensitive, and just beginning to understand privacy and personal boundaries in new ways. This explains why they may start whispering about who's taller, who smells different, or who needs a bra. Without structured conversation, this curiosity can quickly turn into teasing or misinformation.

When kids know what to expect, they are less likely to feel anxious about their own timeline and more likely to show kindness to peers who are growing at a different pace. No one can tell them exactly how their body will change or when it will happen—a highly annoying truth. But starting conversations about all of the things that will occur at some point down the line reminds them that you are there to answer their questions or find the best resources.