

PUBERTY – The Door To Possibilities Opens

Puberty is our species' way of letting individuals and the world know that the journey toward maturity and adulthood has begun. On pages 16 & 17 in the PIE Guide we discuss how each child develops within a unique set of circumstances and at a their own rate controlled by complex forces that we “sort of” know and others that are still a mystery.

Children grow up and come of age with different people and in different places. They come of age with their parents in their families, in schools among peers, in their community with lots of different people and with a connection to the natural world and Universe.

When do I stop being a girl and become a female shopper?



Coming of Age With Other People and in Other Places

In each of these places children must learn different skills in order to become competent and achieve within each of these places. They need to behave a certain way. Achievement might be getting along with others, learning a particular academic subject, sport, hobby or musical instrument. A child might need to become learned in their culture and religious background and enter a coming of age process, demonstrating skills and competencies within those places.

It is helpful to identify what values and skills need to be learned and the expectations for behavior in each of these places.

Expectations Chart: Helps Inform, Guide and Support Maturity

The following chart enables you to list the values and skills needed and behaviors expected within the places that children come of age.

To start using the “Expectations Chart” ask: “What do I need to learn to behave as expected as an adult?” Then make a list outlining: “What I need to learn.” Discuss together the question, “How would I behave in each of these places when acting mature like an adult? What do I need to do differently? What childish behaviors are no longer expected?” Parents and adults can ask the question “How would I have to act to help my child acquire the skills for them to behave in a mature way and act like an adult? What do I need to do differently? How did I act that was more appropriate to a young child than an emerging adult? ”