

# Mott Poll Questions



## *Talking about Puberty*

*The following questions were answered by parents with children age 7-12 years old.*

Q1. Where have you gotten information or resources about talking with children about puberty? *Select all that apply.*

1. Healthcare provider
2. School
3. Parenting books, articles, classes
4. Place of worship
5. Other
6. None – have not gotten any information

Q2. How much have you talked with your [x]-year-old child about changes in their body and emotions related to puberty?

1. A lot
2. Some
3. Very little
4. Not at all

*[If Q2=1, 2, or 3]*

Q3. Which of the following have you done in talking with or teaching your [x]-year-old child about changes in their body and emotions related to puberty? *Select all that apply.*

1. Give child information (book, video) about puberty
2. Look for “teachable moments”
3. Answer child’s questions
4. Talk about parent’s own experiences at that age
5. Discuss during visit to healthcare provider
6. Other
7. None of the above

Q4. Overall, how would you describe your approach in talking with your [x]-year-old child about puberty?

1. Proactive
2. Only when asked
3. Try to avoid it

Q5. Have any of the following occurred with your [x]-year-old child? *Select all that apply.*

1. Child saw/asked about parent's body
2. Child asked about their own body
3. Child asked about another puberty-related topic
4. Child seemed embarrassed about a puberty-related topic
5. Other
6. None of the above

Q6. What makes it difficult to talk with your [x]-year-old child about changes related to puberty? *Select all that apply.*

1. It's embarrassing
2. I don't know enough information
3. Child is too young to understand
4. Choosing the right age to start discussion
5. Child doesn't want to talk about it
6. I'm afraid of saying the wrong thing
7. Other
8. Nothing is difficult

Q7. Have you started seeing signs of puberty in your [x]-year-old child?

1. Yes
2. No
3. Unsure

Q8. How confident are you in being able to recognize the signs of puberty in your child?

1. Very confident
2. Somewhat confident
3. Not confident

Q9. What is the right age for parents to start talking with their child about puberty?

1. 5
2. 6
3. 7
4. 8
5. 9
6. 10
7. 11
8. 12
9. 13
10. 14
11. 15
12. 16
13. 17
14. 18

Q10. How well did your parents teach you about puberty?

1. Very well
2. Adequate
3. Tried but not enough
4. Did not teach me at all!
5. Don't remember

Q11. What are your biggest questions related to teaching your [x]-year-old child about puberty?

1. Whether to talk about the other gender (e.g., tell my son about changes for girls)
2. How to feel less embarrassed
3. What changes to look for
4. Whether/when to explain sex
5. Other
6. No questions

*All information is the sole property of the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health. It can only be used if there is an acknowledgment that "The information came from, is copyright by and is owned by and belongs to the Regents of the University of Michigan and their C.S. Mott Children's Hospital National Poll on Children's Health. It cannot be republished or used in any format without prior written permission from the University."*



**C.S. Mott Children's Hospital  
National Poll on Children's Health**

*Co-Director: Sarah J. Clark, MPH  
Co-Director: Susan J. Woolford, MD, MPH  
Poll Manager: Sara L. Schultz, MPS  
Data Analyst: Acham Gebremariam, MS  
Student Research Assistant: Leah Beel  
Contact: <https://mottpoll.org>  
X: @CSMottPoll*