The program begins with a montage of old home videos showing four kids—Tyler, Sam, Michelle and Vanessa. Tyler begins to narrate in voice over, explaining that the four youth have been best friends all their lives. As we cut to a scene at the bowling alley, Tyler explains that things are beginning to change, but the friendship of the four is as strong as ever. “I know it sounds weird, but things stayed this way even as we got older. Our friendships didn’t change, even when other things did.”

Michelle and Vanessa sit off to the side and have a serious conversation. The boys look on, wondering why the girls aren’t bowling. What are they talking about that seems so important? Later, Michelle’s older brother Marcus and his girlfriend Julian pick up the kids. When the guys tease the girls about doing more talking than bowling, Vanessa tells them to cool it and an awkward silence follows.

The group drops off Tyler at his house, where Tyler’s dad is inside making dinner. When Tyler describes the girls’ strange behavior, his dad points out all the changes they’re going through. When Tyler complains about being the tallest kid in his class, his father reminds him that everyone matures at their own pace. “That’s sort of the cool thing about it. Things happen to everybody in a different way, but the end result is the same…you’re a grown-up.” He also tells his son that the changes are not just physical. Growing up means developing more responsibilities and giving more thought to goals and values. He explains, “What do you value? What kind of friends do you want to have? How will you deal with your new independence? Things like that.”

Later that night, Tyler begins reading a chapter in his health textbook about puberty. As the images in the book become animated, each of the four friends is seen reading a different part. The animation sequences describe specifics about physical changes that take place during puberty for boys and girls. These details include information about when puberty usually begins, the external changes that take place, and the internal developments that transform boys into men and girls into women.

After finishing the chapter, Tyler joins his dad in the kitchen. They have an honest conversation about the slightly embarrassing aspects of puberty including erections and wet dreams. Tyler’s dad assures him that the same things happened to him at that age and that it’s completely normal.

As we cut to Vanessa’s bedroom, we see her reading more of the puberty chapter. Another animated sequence describes menstruation, pregnancy and birth. When her grandmother enters, Vanessa confides that she’s a little disappointed about Michelle getting her period first. Her grandmother reminds her that it’s a not a contest and that things happen for everyone when the time is right. “There’s a really wide range of normal… and whatever your time frame is, it’ll be right for you.” As Vanessa agrees, she wonders what Michelle must be feeling.
Over at Michelle’s house, she and Julian are having a girl talk. Michelle is embarrassed about having her period at the skating rink, but Julian reassures her that no one knew. They talk about the cool side of growing up and becoming a woman. Julian points out, “Just because your body is becoming more like an adult doesn’t mean you are one yet.” Marcus enters and adds his own thoughts on what it was like to be a boy going through puberty. Michelle feels better and considers talking to the boys about what she’s going through.

The next day in health class, Mr. Saulson gives the children a lecture on acne, including tips on how to keep outbreaks to a minimum. They talk about the importance of good hygiene and Mr. Saulson clears up some common myths about skin care. After class, Tyler and Sam wonder if they should ask Michelle what’s going on. They’re worried about her, but don’t know how to bring up the subject.

At lunch, Tyler awkwardly tries to offer his support to the girls, whatever they might be going through. Michelle is touched by his concern and tells the boys that she has gotten her period. A little unsure of what to say at first, Tyler and Sam seem relieved to have it out in the open. They congratulate Michelle, who is very grateful for their support. Things quickly get back to normal as the four begin to tease and joke with each other.

As the program closes, Tyler explains in voice over that he is excited about the upcoming years. Even though things will change and he will have more responsibilities, he says he’s looking forward to all the possibilities that lie ahead for him and for his friends. “One of the things I know now is that I’m not alone in all this. My friends, my parents, brothers and sisters, teachers, they all seem to want to help. I just have to remember to ask. You know what? I think being a teenager’s gonna be pretty cool.”

**Note to Teacher:**

Please refer to the DVD Menu on pages i and ii to select the version of the program that is most suitable for your classes. You may select single gender (girls only or boys only versions), or co-ed versions.