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My Upgrading Journal:

A Guide to your new awesome self!

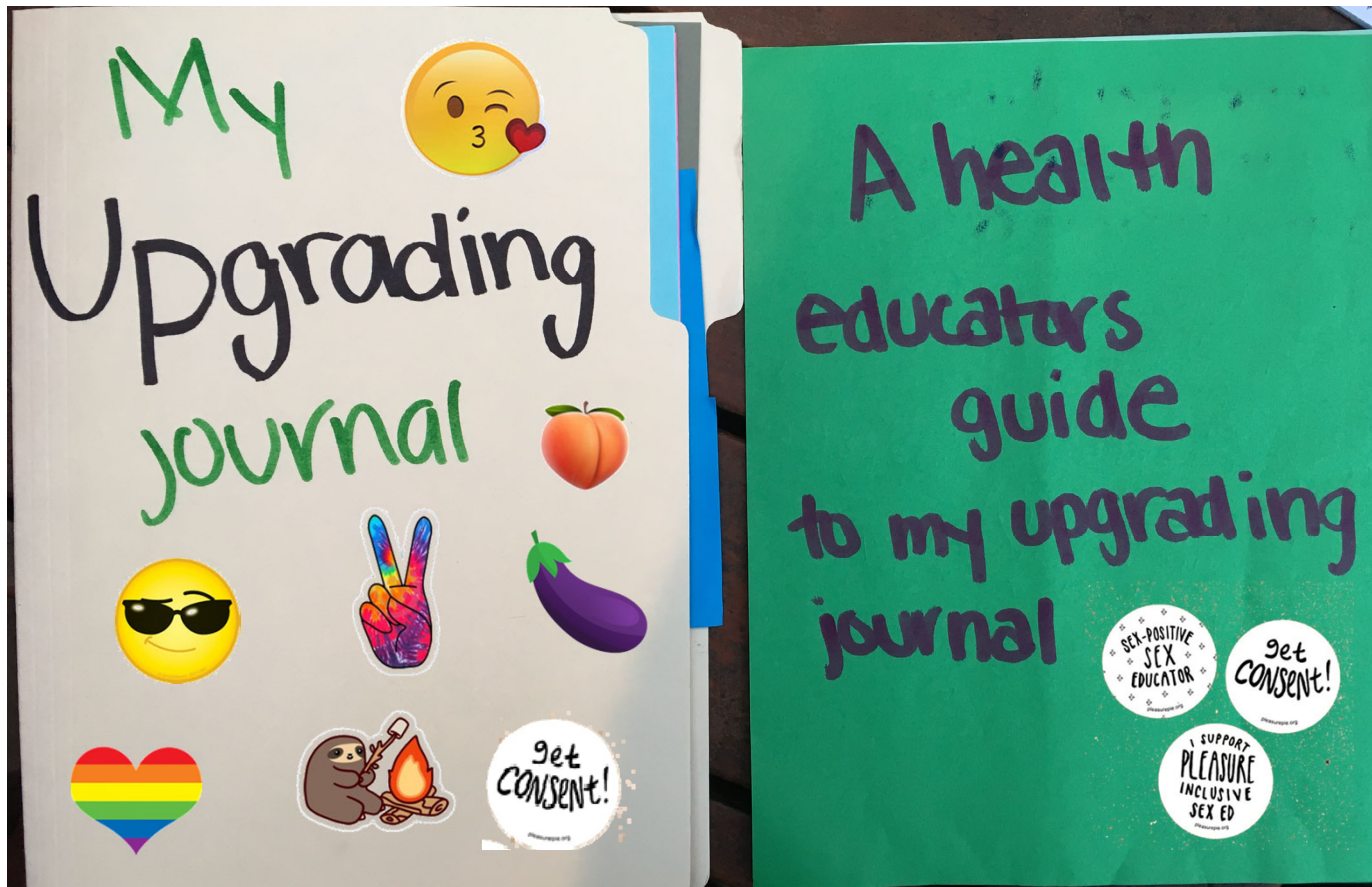
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How might we shift the conversation around puberty to promote pride and ownership of young people and their bodies?

- Our solution uses an interactive journal for young people to explore the process of going through puberty and discover their sexual bodies that corresponds with a curriculum for health educators.
- The population our solution serves is youth ages 8-11 years old.
- Our solution allows users to privately and confidentially explore the nuances of puberty which reduces shame and encourages conversations that de-stigmatize and normalize exploration and enjoyment of ones body.





Research and Testing

- What did we learn from research?
 - Sex Ed curricula teaches young people about puberty and their bodies after they had already started their journey.
 - Schools separate genders which encourages shame and increases stigma around growing and changing bodies.
- We did we learn from testing?
 - Users want simple, relateable and interactive tools to learn about sex, their bodies and pleasure.
 - We needed to consult health educators about how they would feel using the journal tool in a classroom or group setting.
- How did we incorporate this feedback? What changes did we make?
 - We added a health educators guide of how to use the tool (lesson plans that correspond with the journal structure)
 - We created fun activities, quotes, stickers, challenges, conversation starters with trusted adults, fun facts and left space for users to journal about their own experiences with each of the topics
- What does your solution address for the person you are designing for?
 - Normalizes the questions they have around their changing bodies
 - Ensures that the curriculum is implemented earlier in their developmental stage
 - Helps create spaces in which we can have conversations around positive physical and sexual experiences earlier in the users life



Next Steps

- What would be your next step in this process?
 - Creating lesson plans in the health educator guide
 - Adding more content into the journal
 - Prototyping with health educators and young people
- If you were building another iteration of your prototype, what would you do next?
 - Creating a digital version of the journal
 - Expanding the age groups (one for older teens)

