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.
My Upgrading
Journal

A health educators guide to my upgrading journal
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)