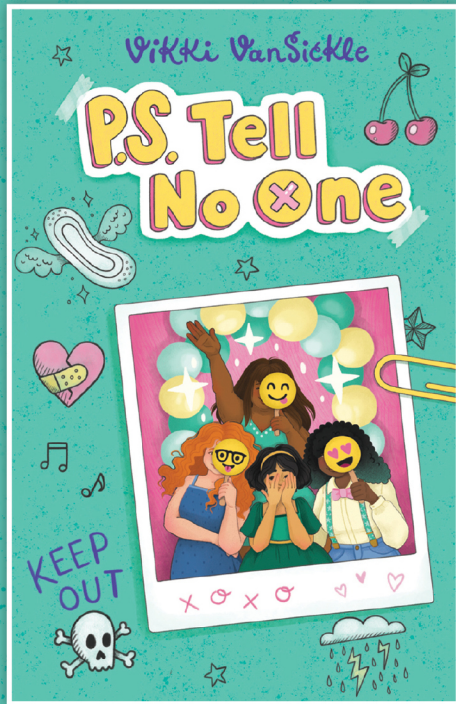


## Discussion Guide



*P.S. Tell No One* by Vikki VanSickle  
9781443194013 Paperback  
9781443194020 E-book

“With refreshing candor, quick-witted quips and solid information, the author has created a support network every tween needs.”

—Canadian Children’s Book News

## Discussion Questions

1. What is the definition of stigma and how does it relate to the conversations in *P.S. Tell No One*?
2. Do you think the story would have worked in another format (instead of diary-style?) Why or why not?
3. What is one fact you learned from the book that you think everyone should know?
4. What topics do you wish were covered more often in books?
5. Which character did you relate to the most? Why?
6. Have you ever been part of a secret club? Share your experience (if it’s safe to do so!).

Start  
your own  
P.A.D.!

## Activities



1. Pretend you are MP. Write the speech she gives to be elected class rep for the school leadership team.
2. Write a silly ode to something using Twix’s poem “Fallopian Forever” as an example.
3. Design a T-shirt to support a cause that is important to you just like Sunny.
4. Create a ritual, event, activity or method of celebrating someone’s first period.
5. Write a collaborative story by writing an entry or paragraph and pass it around with your friends.
6. At the beginning of class, Mr. K makes each student write down a goal for the year. Do you have a goal for this year?
7. Make an empowering playlist to share with your friends.

