

For Girls Only: A Heart-to-Heart Talk on Growing Up

Course Outline

Our classes provide information about puberty and sexuality to preteens and their parents or guardians. We use an engaging format and relaxed atmosphere. We emphasize family communication, and provide resources that help guide young people on their journey through adolescence.

For Girls Only is recommended for girls ages 10 to 12 and a parent or trusted adult. This two-part class deals with the issues unique to preteen girls.

The first class covers:

- What girls experience during puberty (breast development, growth, skin changes, brain development and menstruation)
- Problem solving and practical ideas for managing changes
- Common concerns of puberty, including pimples, nutrition, sleep, moods, personal care and periods

The second class covers:

- Feelings, actions and consequences – how we make decisions and resolve conflict, and relationships and communication with friends
- What boys experience during puberty
- Sexuality and sexual reproduction
- How babies develop and are born
- Finding trusted resources