

Here Comes Puberty!

An age-appropriate and comprehensive health education workshop

PPOSBC's Puberty Workshop is a **FREE** 90-minute interactive group session where parents/caregivers come together with their youth (4th and 5th grade) to learn about puberty. This educational workshop is delivered by our expert Health Educators and can be booked for a time and location that is most convenient for your group. This workshop is an excellent resource for groups of parents/caregivers looking to prepare their students for the emotional and physical changes that happen during puberty. Parents/caregivers involved in PTA, sport groups, clubs, and other extracurriculars for their 4th and 5th graders are encouraged to book a workshop.

Students will:

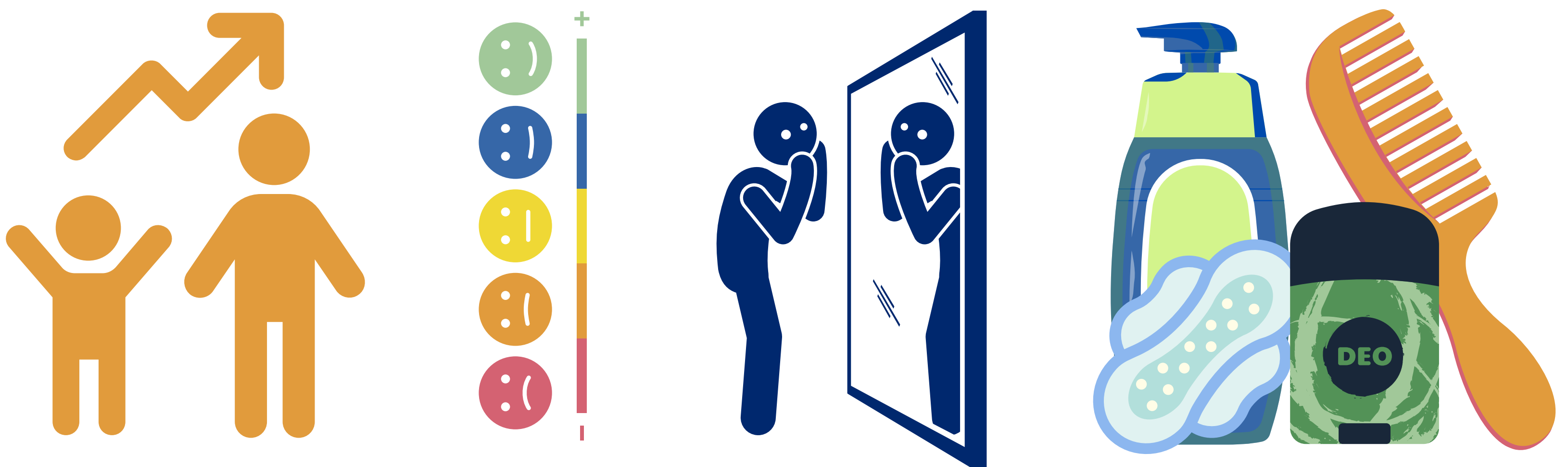
- Learn about the physical and emotional changes that happen during puberty
- Review strategies on how to navigate these changes and how to find support
- Discuss the importance of proper hygiene and review good hygiene habits

Parents/Caregivers will:

- Learn key talking points and information for answering questions about puberty
- Learn ways to support their youth when going through these changes

Together:

- Foster a line of open communication



For more information or to book your session, please contact:
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