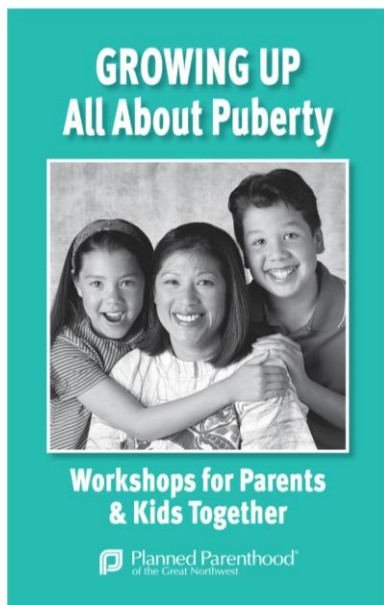


# Growing Up: All About Puberty

## Booklet for Families



For over 30 years, Planned Parenthood has presented workshops for parents and their 9-12 year-old children. Specifically designed to enhance family communication about sexuality, the program creates a relaxed, yet professional atmosphere in which educators guide parents and kids through activities that stimulate conversation, clarify family values, establish rules and provide accurate information about the physical and emotional changes of puberty.

This booklet, designed to be used in conjunction with workshop activities, includes anatomy/physiology descriptions, diagrams and definitions of terms. Physical and emotional changes during the course of puberty are described, and basic information about menstruation and pregnancy are introduced.

This publication has also been translated into Spanish (*Creciendo de Niña a Mujer, Creciendo de Niño a Hombre*). Limited quantities are available by special order.

The workshop includes parent-child interview booklets (*Talk to Me!*) available separately. Also available is a notebook with full curriculum, activities and program management details.

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