

TURNING teen

SCHOOL PROGRAM *Guide*

Thank you for your interest in Turning Teen for schools. We are excited about the opportunity to work with you. Below is a list of workshops that we currently offer. If there are other topics related but not listed below, we can work with you on integrating more information into our programs to meet the needs of your school and students. Please also see our website for details.

What we offer:



Body Basics for Girls

Girls 4th & 5th grade

Topics Covered:

- What happens to your body in puberty
- The differences between boys & girls
- Introduction to periods
- Emotional changes in puberty



Body Basics for Boys

Boys 5th-8th grade

Topics Covered:

- What happens to your body in puberty
- The differences between boys & girls
- Erections & Ejaculation
- Emotional changes in puberty



Being My Best Self For Girls

Girls 6th, 7th & 8th grades:

Topics Covered:

- Taking care of your body during puberty
 - Skin care
 - Bras
 - Shaving
- Periods & how to care for them
- Inner voice (self-esteem)
- Hands on activity with pads and tampons



Surviving Puberty for Parents

For Parents Only!

Topics Covered:

- Puberty timeline for boys and girls
- Understanding the teen brain
- Teens and technology
- Raising responsible digital citizens
- How to have tough conversations with your children (including sex)
- Pornography (if desired)

www.turningteen.com

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Pricing & Information:

Each two hour workshop is presented by a physician specialized in talking with children about puberty and body safety. The interactive program works best in an auditorium or classroom with media capabilities. Each workshop ends with an anonymous question and answer session. An unlimited number of students & parents may attend. Materials about the program and book recommendations can be provided to schools in advance.



School or PTO Sponsored Price Per Workshop: \$1000

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The school or PTO pays for the workshop. Unlimited number of students can attend either during the school day or as a parent/child after-school event. Minimum of 2 workshops must be booked for locations that require substantial travel. Contact info@turningteen.com for further travel cost information.



Registrants Pay Individually Parent/Child Pair: \$60

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The school or PTO can offer various workshops as after-school or weekend programs. Each family registers individually through the Turning Teen Website. We are happy to discuss creating a special Coupon Code for your school to help with the cost. Minimum number of registrants: 20

About Turning Teen



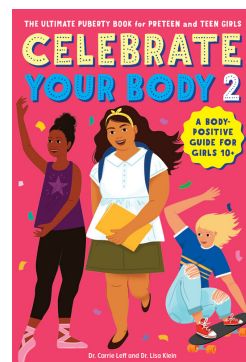
Dr. Carrie Leff



Dr. Lisa Klein

Turning Teen was created by two pediatricians who are passionate about giving children accurate information about their bodies. Our goal is to provide up to date, age appropriate body education in a relaxed, shame free environment. Turning Teen for schools was created to fill a need in schools by supplementing their curriculum.

Dr. Klein and Dr. Leff released their first book, Celebrate your Body in November, 2019.



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