

Mother-Daughter Puberty Workshop

HiTOPS Educator

Designed for: Females, age 10-13, and their Mothers or female caregivers

“Why am I so tall?”
“My skin looks terrible!”
“Nothing fits anymore.”
“Am I normal?”

Puberty is a time when young people are concerned about their changing bodies and have many questions that can be hard to ask. Having a safe place to learn about these issues and ask questions helps to increase their comfort level at this critical time in their physical and emotional development.

In this workshop, a flannel board with large felt figures, “Sam and Sally”, is used to demonstrate body changes and menstruation. In small groups girls have an opportunity to critique different brands of tampons and pads and rate them on packaging, ease of use, absorption, comfort and price. Mothers share stories about their first periods, helping their daughters become more comfortable talking about body changes, menstruation and beginning sexuality issues. A resource list and activities to continue at home are included.

Our goals are to help participants:

- Describe physical and emotional changes of puberty
- Identify female reproductive anatomy and physiology
- Become familiar with feminine hygiene products
- Increase communication regarding body changes, menstruation, and beginning sexuality issues

Average length of program: 120 minutes

Recommended number of participants: 5 - 10 mother-daughter pairs