



# Surviving Puberty

- To become familiar with and normalize puberty
- Tools to support your adolescent as they go through puberty
- Education about healthy body care through puberty
- Education about body awareness in private and public spaces
- Simple open conversation starters for you and your adolescent around puberty
- How to encourage your adolescent to freely express themselves in a safe, healthy, appropriate manner

## Day and Time

Tuesday April 21<sup>st</sup>  
10am and 7pm

Translation will be  
available

Zoom link to follow

Hosted by:

Dawn harney

Parent Coordinator

Toni Rodriguez

School Social Woker

School Psychologists

Kanetha S-Brown

Erica Wilson

and

Dr. Sean Mcinerney



**596x Elementary and 176x Middle-school collaboration**