



**Planned Parenthood®**  
Shasta-Diablo

2185 PACHECO STREET  
CONCORD, CALIFORNIA 94520

Parent-Child Puberty Workshop  
Registration Form

**Advance registration is required for all participants.**

**Thanks for your interest in the Parent-Child Puberty Workshop.** Please keep the top portion of this form for reference and clip and send the lower portion along with your check for \$20 (per family) made out to Planned Parenthood: Shasta-Diablo (or **PPSD**).

Please assume that you are registered for the workshop unless you hear otherwise from me. The workshop can accommodate up to 25 families, so there is almost always plenty of space. *Please mark the workshop date, time and location on your calendar*, I do not send reminder postcards or letters and the fee is not refundable after the date of the workshop. (Fees will be refunded for families who cancel their registration at least 24 hours in advance.)

Please read the following information carefully, and contact me right away if you have any questions. My direct line at Planned Parenthood: Shasta-Diablo is (925) 887-5327, my e-mail is [zacovic@ppshastadiablo.org](mailto:zacovic@ppshastadiablo.org). My address is:

Beth Zacovic (formerly Nevins)  
Parent Child Education Manager  
Planned Parenthood: Shasta-Diablo  
2185 Pacheco Street  
Concord, CA 94520

I look forward to meeting you!

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Family members attending: \_\_\_\_\_

Age(s) of child(ren): \_\_\_\_\_ Workshop location and date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

E-mail: \_\_\_\_\_ Fee Enclosed? \_\_\_\_\_



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### COMMENTS FROM PUBERTY PROGRAM PARTICIPANTS

Hundreds of parents and children have attended our parent-child workshops –  
Here are a few of their comments:

#### Mothers

- “The presentation was so good. Even though I’m very knowledgeable, I could never present the information as well as it was done here.”
- “Very age-appropriate.”
- “I thought it was comprehensive and tasteful.”
- “It was great, straightforward information.”
- “I think you covered everything in the best way possible. Thanks so much!”
- “Very well produced in a warm and friendly manner. I will be back in two years with my younger daughter.”
- “I think for this age group everything was right on cue.”

#### Fathers

- “Great program.”
- “Good basic information. I wish this type of class had been available when I was younger.”
- “Thank you. It was worthwhile being together with my son in this experience.”
- “I thought it was just right.”

#### Sons and Daughters

- “I was not looking forward to this but now that you have explained sex and other things, I feel sooooo much more comfortable about talking about sex. Thanks!”
- “We talked about a lot of things that I wanted to know.”
- “I thought it was fun.”
- “It was totally fun and I can’t wait for the Teen workshop.”
- “I had fun and learned a lot.”
- “This program has saved me a lot of embarrassment.”
- “I was nervous when I came in and now I’m not.”

**99% of parents thought that the program helped make them ore comfortable talking about sex with their children.**

**100% of parents stated that the puberty program made it much more likely that they would talk to their children about sex in the future.**

**92% of children thought that the program made it more likely they would talk with their parents about sex in the future.**



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**PREPARATION FOR PUBERTY  
WORKSHOP OUTLINE**

The transition from child to teen is far more complicated for today's kids than it was for us. As trusted adults in their lives, we need to give our kids the information and support to learn about their own sexuality while also giving them straight talk about the risks and consequences of sexual activity in the real world.

Planned Parenthood's Parent/Preteen Workshop provides a safe setting to explore the changes both girls and boys go through during puberty, and gives basic information about sex and sexuality. In each workshop a group of eight or more parent/child pairs meet with a trained facilitator for 3 1/2 hours. In addition to the topics listed below, the workshop includes at least one video, communication exercises, a game and many opportunities for discussion.

1. Anatomical similarities of men and women. We go on to discuss the internal and external sexual organs of girls and women, the physiological changes that girls go through during puberty, and the miracle of pregnancy and birth.
2. Anonymous questions. Parents and children have a chance to submit sensitive questions anonymously. The facilitators will address these questions later in the workshop. This part of the workshop is followed by a short break with snacks.
3. We go on to discuss the external and internal reproductive organs of boys and men, and the physiological changes that boys go through during puberty.
4. Intercourse. We describe and define the act of sexual intercourse and we begin a discussion about the feelings and consequences of deciding to engage in sexual intercourse, and the emotional and physical consequences of the decision. We define both hetero and homosexuality. We also define masturbation and make clear that it cannot physically hurt anyone.
5. Questions answered.
6. Spinner Game. Time permitting; the group will play a game that encourages discussion about facts, opinions and feelings of topics covered in the workshop.

The Planned Parenthood facilitators act as educators, not advocates. The facilitators encourage parents to privately talk about their family's view of sensitive issues, and to emphasize their own values and expectations about sex and sexuality. Our goal is to create the framework for ongoing parent-child communication in the often confusing and turbulent early teen years.