


A 
TWEEN'S
GUIDE
TO

PUBERTY



ONLINE PROGRAM

An eight-week program which discusses
puberty, positive body image and respectful relationships.

MICHELLE MITCHELL

Dear Educators,

Many would agree that guiding our tweens into adolescence, and through to adulthood, has become anything but straightforward. Our 'almost teenagers' are not only reaching puberty earlier, but they are also experiencing life through the lens of technology.

Social media platforms and gaming sites are filled with tweens who are unknowingly learning how to grow up; and although none of us want our child's first education about sexuality to be found on Google, that's the reality these young ones live in. It takes sensitivity to deliver necessary information about growing up in a way that neither overexposes or overwhelms young minds.

A Tweens Guide to Puberty is designed for 8–12-year-olds, and provides an introduction to all things puberty and growing up. Inside you will find:

- Medically accurate information.
- A focus on wellbeing with discussion about brain changes, body image, protecting behaviours and respectful relationships.
- Emphasis on the role of trusted adults and services.
- An approach which is inclusive and takes into consideration the diverse needs and backgrounds of students.

Finally, a few students in your care will rely on you as their primary source of healthy information about puberty and growing up. For most, you will be another trusted voice, reinforcing both the facts and values which will shape their identity. Whatever role you play, I hope that this online program is able to be a great support to the tweens who look to you as their trusted adult.

This generation deserves parents, educators, and caring adults to safeguard their journey.

Warm Regards.

A handwritten signature in black ink that reads "Michelle". The signature is fluid and cursive, ending with a period.

Purchase Options.

A Tween's Guide to Puberty is an annually licensed program, conveniently hosted on a secure online education platform. The licence is available from January - December each year until December 1st. Purchases can be made any time up until this date. There are two purchase options.

To order
[click here.](#)



Everything you need to deliver *A Tween's Guide to Puberty* to your class group or year level. Inside you will find 8 lessons (+ 1 bonus lesson) featuring:

- ✓ 1-hour lesson plans
- ✓ Teaching content
- ✓ Power-point slides
- ✓ 12 animated teaching videos
- ✓ 8 student worksheets and/or group tasks
- ✓ Sample consent letters

Cost: This program is available for an annual license fee of \$900 + gst.

This program includes the Basic Classroom Package (see above for details) plus the following PREMIUM features:

- ✓ A copy of *A Girl's Guide to Puberty* or *A Guy's Guide to Puberty* per student. These books are linked to the program's home reading tasks.
- ✓ Eight helpful blog posts for parents. These blogs are packed with useful information and are suitable for school newsletters.
- ✓ An online parent information session: *How to Talk to Tweens About Puberty*

Cost: This program is available for the Basic Classroom Package annual license fee of \$900 + gst, plus an additional \$15 + gst per student. *Per student costs are commonly added to student booklist or levies.*



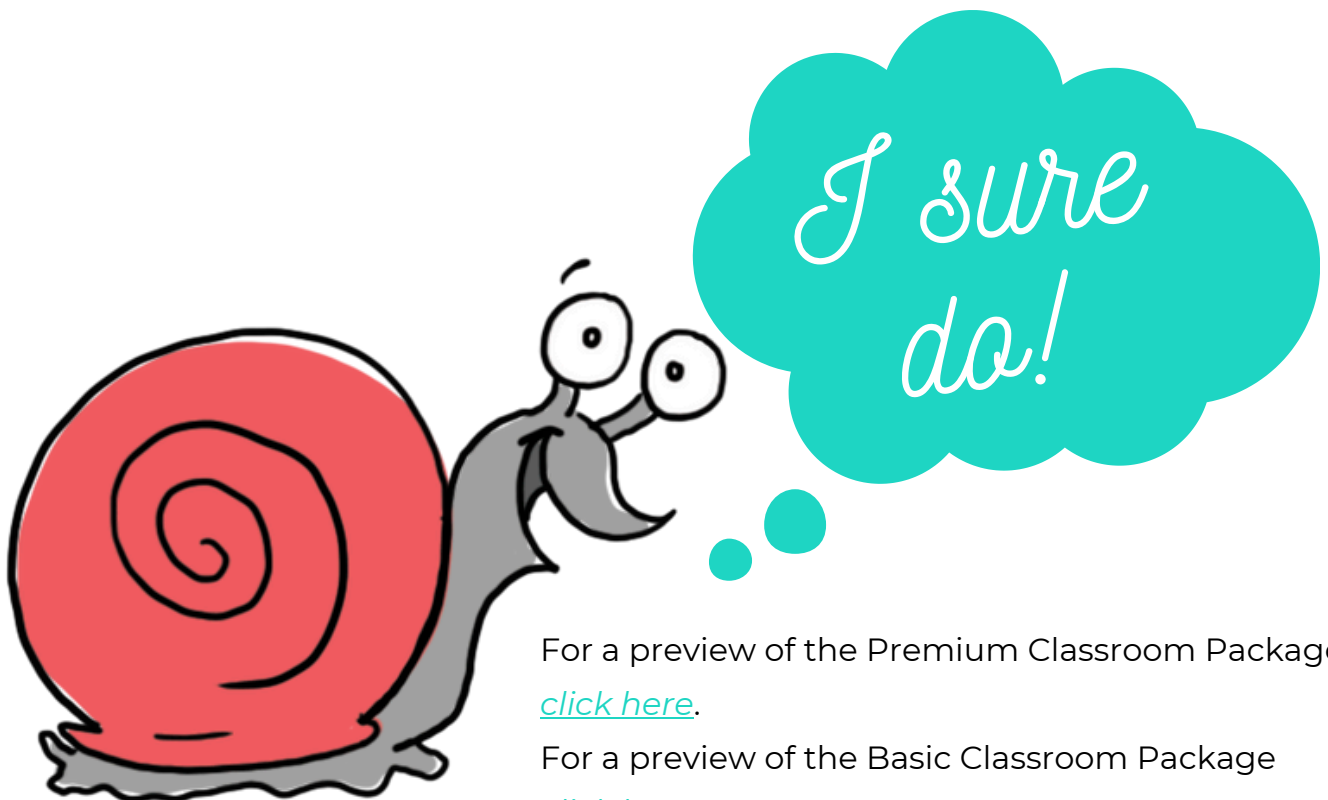
License Agreement.

Here's the very basics of the license agreement:

- You have two program options - The Basic Classroom Package and The Premium Classroom Package.
- You (and partnering teachers) can deliver the program to your class or year level (in one school location) anytime from the date of purchase till December 1st of that year.
- Purchases can be made any time throughout the year.
- We offer a 14 day satisfaction guarantee.
- We are here to help. Call us anytime.

To view the license agreement [click here](#).

Want a Preview?



What's Inside?

Section 1: Talking to Trusted Adults

- Choosing trusted adults
- Well-meaning people and how to handle them
- How to ask tricky questions
- Feelings about puberty

Section 2: Puberty Basics

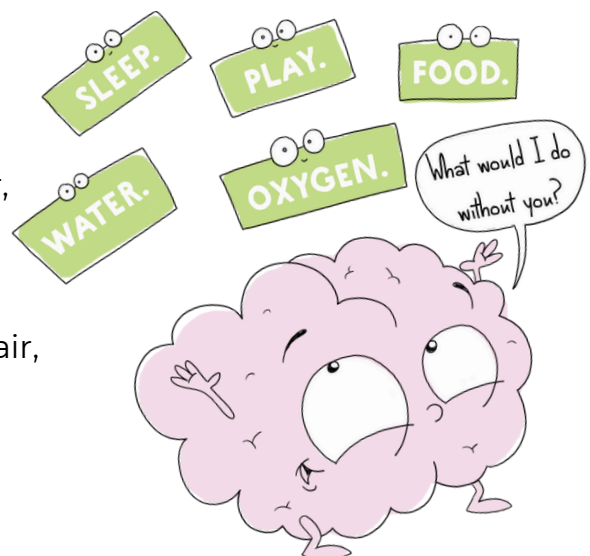
- What is puberty?
- When will it start?
- How does it start?
- What to expect
- Common question kids ask

Section 3: Information Update

- Male reproductive body parts
- Female reproductive body parts
- More about the penis, testicles and sperm
- More about the vagina, ovaries and eggs

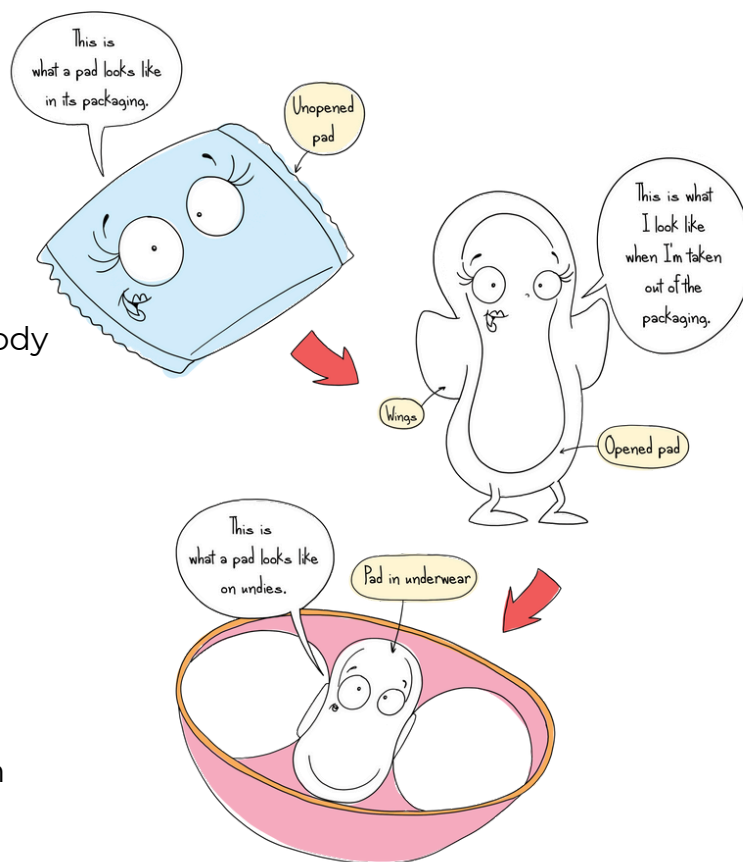
Section 4: Body Changes

- Changes in males: growth spurts, more hair, erections, ejaculating, voice breaking, changing body shape and new feelings
- Changes in females: growth spurts, more hair, changing body shape, menstrual cycle and new feelings.



Section 5: More About Periods

- First period
- Pads, tampons and eco-friendly options
- Period tracking
- The emergency period pack
- Buying period essentials
- Talking to your dad about periods
- Period pain and PMS



Section 6: Looking After Yourself

- Hygiene and caring for a growing body
- Facts about pimples
- The role of sleep, oxygen, play, water and healthy food
- More about sleep routines

Section 7: Inside Your Brain

- Brain changes
- Tips for growing a magnificent brain
- Relating to parents and teachers
- New friends and ideas
- Romantic feelings
- Big Emotion Days

Section 8: The Future

- Enjoying puberty
- Creating a puberty to-do list
- Being uniquely you
- Everyone is important
- Contributing to the world



Bonus Session: Body Safety

- Reproductive parts are private parts
- Trusted adults and unsafe people
- Laws that protect kids
- What to do if you feel unsafe
- How to help a friend
- People and places that can help

Home Resources.

Introducing *A Girl's Guide to Puberty* and *A Guy's Guide to Puberty*, available in class sets for a discounted rate. These 245 page, beautifully illustrated books for 8 - 12 year olds aim to provide tweens medically accurate information while helping them develop a mindset for enjoying life now and into the future. They are fun, engaging and purpose built for young minds.

My daughter and I read this together each night, we are just about finished. It has been so good! It's helped us both be more open to talking about these sensitive topics plus we've really bonded. There have also been a few funny conversations too.

Kylie H ★ ★ ★ ★ ★

Hello thank you so much for the book. My boy has pretty much devoured it. It is such great content and such perfect tone for our tweens. He's been reading it aloud to me and asking questions along the way. Even I learned things too. Thank you so much for this writing this book. Amazing work.

Martha B ★ ★ ★ ★ ★

Endorsed by Maggie Dent, Sex Ed Rescue, Rebecca Sparrow, HUSH Education, Karen Young, Justin Coulson are more...

I have been able to check out this book for boys and I cannot recommend it enough.... Michelle has the perfect balance of funny stuff and key information.. I burst out laughing many times throughout the book! The illustrations are seriously brilliant and help to make the messaging more engaging.

Maggie Dent



Common Questions.

A Tween's Guide to Puberty has been based on the latest research about what kids need in order to transition to adulthood successfully. Answers to some common questions teachers about program delivery and content is outlined below.

Would you suggest separating boys and girls?

This program has chosen a mixed class approach, and responds to research that emphasises that different genders are not learning enough about what the other one goes through in puberty; and that traits like empathy can be encouraged through early education about differences. This approach also enabling teachers to discuss with respect the differences between students and eliminate 'secret' boys and girl business. The program is however flexible, so teachers can choose to deliver the program separately if they wish. At the very least, we encourage content on the about the opposite sex to be covered.

How does this program represent gender fluidity?

Amongst one of the most complex issues within relationship and sex education curricula is that of gender fluidity. As a society, we have been changing and refocusing the discussion around gender and sexuality, of which I would like to acknowledge. The research around transgender and gender diverse students is still in its infancy, with most research on gender fluidity surrounding adult participants. As such, information that can be practically included in a programme aimed at tweens is extremely limited.

This programme has aimed to use gender neutral language wherever possible. It refers to the male and female anatomy assigned at birth (with mention that children can be born intersex) and provides information about changes that most children will experience given the body they were born with. This programme does not specifically discuss gender fluidity but opens the door for further conversations with trusted adults. The concept of tricky questions is introduced, aiming to some questions take time to answer and need the help of trusted adults.

Does this program discuss sexual activity?

This program is purposefully contained to puberty and does not expand greatly on sex or sexual activity, although it references egg and sperm meeting to make an embryo when explaining the menstrual cycle and the role of sperm. Some schools wish to further address this topic in upper primary, but current curriculum guidelines do not require it. The program does, however, provide parents with an online information session about how to talk to their child about puberty and sex, and provides helpful language to help them answer tricky questions.

What are the benefits of this program?


This program is firmly based on the concept that comprehensive sexual health education reduces the risk of unsafe choices during adolescence. And additionally, and of equal importance, those who have had education from trusted adults are more likely to adapt well. Wellbeing is a deliberate focus in this program.

How does this program engage parents?

This program wholeheartedly recognises that one trusted adult in a child's life is the greatest factor in their wellbeing and mental health, and that discussions about puberty lay a solid foundation for further questions. That being the case, every effort has been made to connect young people to their trusted adults. The premium classroom package aims to support trusted adults with helpful resources and includes consent letters, home tasks, blog posts, puberty books for tweens and an online parent information session. These resources aim to meet parent expectations by offering clear communication, an understanding of 'who' is delivering information, the opportunity for involvement and free of choice (inclusion or exclusion).

What is your return policy?

We have a like it or return it policy. We offer a full money back guarantee within 14 days of purchase.



Got more questions?
Feel free to get in touch at
pubertyprogram@michellemitchell.org

School Feedback.

Michelle delivered the best sexual health lessons I have seen in my 20 years of teaching. She showed a genuine interest in the students while delivering entertaining, visually engaging and accurate information. Her presentation took the fear out of the subject matter and made it fun. I without hesitation recommend the program.

Rick Herd, Patrick Rd State School Year 5 teacher ★ ★ ★ ★ ★

Michelle has delivered our sexual health program for over seven years. Coupled with a comprehensive parent information session, the program ticks all the boxes for us, and includes loads of entertaining and educational moments for every student.

Katie Stubbing, Deputy Principal Ferny Grove State School ★ ★ ★ ★ ★

Michelle has been working with our students for many years. She provides a balanced, engaging and educational perspective that is pitched at the perfect level for year 5 and 6. Our children not only learn about the changes their bodies will undergo, but more importantly, they learn about sound positive values that sit behind human sexuality. Michelle works with our parent community to explain the program and shares insightful lessons as they move into this new stage of parenthood. We couldn't imagine teaching human sexuality any other way.

Danielle Priday, Principal Patricks Rd State School ★ ★ ★ ★ ★

We were lucky enough to have Michelle speak to our parent community and it was such a positive and uplifting event. People walked away feeling good about what they were already doing but also armed with really practical ways to address issues that they weren't sure how to handle. I would thoroughly recommend Michelle for speaking, not only to parents, but also to students. Thanks Michelle!

Natalie Doherty, St Joseph's Primary School P & C President ★ ★ ★ ★ ★

