Let's talk about puberty and growing up:
A workshop for parents & carers

Presented by Sexual Health Quarters, Western Australia's leading provider in sexual & reproductive health.

What are some of the challenges about puberty and growing up that face kids today?
Facilitated by experienced educators, this workshop will help parents and carers navigate these issues.

The workshop includes:

- The latest information about puberty and growing up
- What the research tells us
- What kids need to know, and when
- When is the right time to talk
- How to have confident conversations
- Where to find credible sources of information for you and your child
- A package of resources and referrals for all attendees.

Presenters

Karen Molhuysen has over 20 years' experience as a respectful relationships and sexual health educator working with young people. She specialises in positive, inclusive, strengths-based approaches to empower young people to be strong in themselves, make healthy decisions, and care for themselves and others. Karen delivers professional development training to teachers, clinicians, counsellors, youth workers and allied professionals.

Felicia O'Keeffe is an experienced secondary school teacher and youth educator, working extensively with primary and secondary schools in Perth to implement best-practice relationships and sexuality education. She provides professional development training in the areas of relationships and sexuality education and LGBTIQA+ diversity, and has a Graduate Diploma in Sexology from Curtin University.

For bookings, or to find out more, please contact felicia.okeeffe@shq.org.au

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