



**LIVE UNITED** 

“Girl Talk”

# Girl Talk



“Girl Talk”  
Is funded by  
Family Planning Association  
Of Chelan-Douglas Counties  
AND  
United Way

## What is “Girl Talk”?

“Girl Talk” is a place for moms and their daughters to come together and chat about stuff like menstruation, dating, how to be safe and have questions about sexuality answered. Moms and their daughters get to choose when to meet...who will be there and what they discuss! Everyone learns and it’s fun too!!

### What are some of the topics we can discuss?

- Puberty
- Emotions and Hormones
- Menstrual Cycle
- Body Image
- Self-Esteem...self respect...self confidence
- Life Skills...how to handle peer pressure...relationships...defining your values
- The availability of medically accurate information for parent and adolescents regarding sexuality.

### Program Objectives....

- To debunk fears and myths about menstruation and puberty
- To share positive feelings about puberty, menstruation and gender
- To encourage healthy body image
- To discuss peer pressure and media influences
- To discuss safety issues, changing relationships and setting healthy limits
- To facilitate discussion of family and cultural values
- To develop decision making skills
- To dispel the myth that talking about sex and sexuality *leads* to early sexual activity among adolescents



### 3 Ways to learn more!

Email us @

[education@fpcheladouglass.org](mailto:education@fpcheladouglass.org)

OR

Call 662-2013 mention “Girl Talk”

OR

Return this portion :

I am interested in the class offered on: \_\_\_\_\_

Name: \_\_\_\_\_

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

City: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## “Girl Talk”

Family Planning  
900 Ferry Street  
Wenatchee, WA 98801

**2010 Classes are forming now!**

