



# Let's Talk About It: Puberty, Privacy & Boundaries - Early Teens

Club 21, in collaboration with Bookworm Educational & Psychological Services, invites you to join our thoughtfully designed Puberty, Privacy & Boundaries Workshop Series, created specifically for youth with Down syndrome and Intellectual Developmental Disabilities and their families. These safe, supportive, and age-appropriate sessions focus on preparing youth for changes during puberty, building understanding of relationships, and developing tools for safety, self-respect, and independence. We believe every youth deserves to grow up feeling confident, informed, and respected. Our workshops are led with compassion, clarity, and inclusion!

## Who?

**Early Teens:**  
Ages 13-16

## When?

-March to May 2027

**-Student Sessions:** Second Saturdays  
(3/13, 4/10, 5/8)

**-Boys:** 11AM - 12:30PM **-Girls:** 1 PM - 2:30PM

**-Parent Sessions (virtual):** 3/9/27; 7-8:30 PM,  
as well as 2 pre-recorded sessions &  
program-related emails and resources.

## Where?

**-Students:** in person at Club 21  
**-Parents:** Zoom

## Student Sessions

**Session 1:** Puberty and Body Review, Types of Relationships, and Identity/ Expression. Public vs. Private Body Parts & Rules Around Nudity and Privacy (including masturbation), Body Changes during puberty, Reproductive Health, Self Esteem, and Identity/Expression

**Session 2:** Boundaries, Consent, Bodily Autonomy, Types of Touch, and Safety. Body Ownership & Respecting Others' Bodies.

**Session 3:** Intro to Crushes, Dating, and 'What is sex?' Understanding Feelings Around Crushes, and Dating/Relationships

## Parent Sessions

**Session 1:** Intro to course, preview of curriculum, scripts/tips for talking to your tween/teen about bodies, sex, boundaries, and respect

**Session 2:** Supporting hygiene routines for growing bodies/reinforcing boundaries and consent

**Session 3:** Monitoring online access to sexual health content, abuse prevention, and signs of concern, building confidence through everyday practice

- Student must be within age range at start of the program.
- Each student/family will receive puberty hygiene kit and books to support at home learning

- Cost: \$500 includes the student sessions and parent sessions
- SDP accepted

**Regional center vendor code (PD3141)**