



Let's Talk About It: Puberty, Privacy & Boundaries - Tweens

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?

Tweens:
Ages 9-12

When?

-September to November 2026
-Student Sessions: Second Saturdays
(9/12, 10/10, 11/14)
-Boys: 11AM - 12:30PM **-Girls:** 1PM - 2:30 PM
-Parent Sessions (virtual): 9/8/26; 7-9:00 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: Understanding the Body, Changes During Puberty, Hygiene & Self-Care, Puberty and Body Review, Types of Relationships, and Identity/ Expression

Session 2: Boundaries, Consent, Types of Relationships, Body Ownership/Respecting Others' Bodies, Boundary-Setting Language and Phrases, Autonomy & Saying "No"

Session 3: Types of Touch and Guidelines/ Rules about Touch, Bodily Autonomy and Safety, Identifying Safe vs. Unsafe Situations.

- 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

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

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

Regional center vendor code (PD3141)