

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 2026

-Student Sessions: Second Saturdays
(3/14, 4/11, 5/9)

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

-Parent Sessions (virtual):
3/3, 4/7, 5/5 (7-8:30PM)

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 3 student sessions and 3 parent sessions
- SDP accepted

Regional center vendor code (PD3141)