



Through interactive discussion, courses help to open the lines of communication between parent and child and to facilitate ongoing conversations regarding the changes associated with puberty and beyond. Some of the benefits associated with attending include: parents and children receiving the same information at the same time so there are no questions as to what was discussed, the smaller group nature is both a supportive and safe environment to ask questions, and classes help to start or reinforce what is being taught in the home.

CHANGING U (Mothers/daughters ~ ages 8 -10 years ~ 1 class)

The focus of this course is on communication and strengthening the mother-daughter bond through conversation and working together. The activities in this class help mothers and daughters to share experiences and learn new things about each other. Moms and girls work together towards a common goal of opening the lines of communication while learning about hygiene, self care, and the basics of menstruation.

BOYS 2 MEN (Fathers/sons ~ ages 9 - 11 years ~ 1 class)

The activities in this class all have a main focus of education and communication, while also trying to be fun and interactive. Dads and boys will learn all about hygiene, self care, and the changes associated with puberty, while also allowing time for dads and sons to share personal experiences and have time to get to know each other better. Topics are discussed in a way to show boys that all of these changes are normal and expected.

TRANSITIONS & JOURNEYS (Mothers/daughters ~ ages 10-12 years OR Fathers/sons ~ ages 11-13 years ~ 2 classes)

Transitions & Journeys was developed to help mothers and fathers tackle the intimidating subjects of this important period of growth and to make these conversations both comfortable and meaningful. In this two-part class, parents & tweens will be prepared with the tools they need to gently discuss: puberty (boys and girls), menstruation, emotions, self care, reproduction, body image, self esteem, and personal space in relationships.

TEENAGED (Parents and teens ages 14-17 years ~ 1 class)

Sex education that prepares teens to make responsible decisions regarding their sexuality to keep them safe and healthy. Teenaged encourages teens to delay onset of sexual activity while also giving important information teens need to make safe and informed choices about sex and relationships.

PUBERTY BOOT CAMP FOR DADS (Fathers of daughters ages 8-13 years ~ 1 class)

This course is both fun and informative and is designed to help fathers understand and be prepared for the physical and emotional changes associated with puberty and menstruation. Dads will leave this course with a helpful understanding of what is going on with those hormones, and will leave with many helpful suggestions of ways to bond with their daughter through this period.

SPEAKING THE UNSPEAKABLE (Parents of children ages birth to teen)

This presentation is designed to help parents break through the barriers to effective communication regarding puberty and sexuality. Parents will be given an in-depth understanding of why it is so necessary to establish communication with children surrounding a topic that has historically been thought of as difficult to discuss. Parents will also receive helpful guidance and tips to comfortably have these conversations.

For questions or more information, contact us today at
info@theritesofpassage.biz or **(480) 250-2431**