

# **Great Conversations**

Maureen Crist - Web 160

Headlines and Paragraphs Assignment

## **0.0 Home (Home page)**

Page name: Home

Keywords: puberty class, classes, adolescent, adolescence, preteens, teens, conversations, body changes, sex, choices, friends, family, values, boys, girls, middle school, high school, mother, father, practical ideas, problem solving, help, talk, learn, Children's Hospital, Seattle WA, Bellevue WA, Tacoma WA, Palo Alto CA

Title: Helping PRETEENS and their FAMILIES in CONVERSATIONS about Body Changes, Sex, and other GROWING UP STUFF | Great Conversations | Seattle, WA

Meta Description: Great Conversations helps preteens and their families in conversations about body changes, sex and other growing up stuff. Our classes provide practical ideas and help create conversations between parents and their children about puberty and adolescence, choices, values, friends and other concerns.

## **About (SEO Optimized Paragraph)**

Great Conversations helps preteens and their families in conversations about body changes, sex and other growing up stuff. Our classes provide practical ideas and help create conversations between parents and their children about puberty and adolescence, choices, values, friends and other concerns.

## **1.0 Classes (Gateway page)**

Page name: Classes

Keywords: puberty, sexuality, communication, decision-making, classes, registration, register, resources, girls, 5th grade, 6th grade, adolescent, preteens, teens, conversations, body changes, sex, period, choices, friends, family, values, boys, girls, middle school, high school, mother, parents, practical ideas, problem solving, help, talk, learn, Children's Hospital, Seattle WA, Bellevue WA, Tacoma WA, Palo Alto CA

Title: Classes | Great Conversations

Meta Description: Great Conversations offers classes to preteen girls, teens and their families on puberty, sexuality, communication, decision-making and other important topics surrounding adolescents. We believe that parents are their children's prime sexuality resource and that sometimes families need and appreciate

additional resources to initiate and maintain these important conversations about growing up.

## **Classes**

For over 20 years, Great Conversations has offered classes to preteen girls, teens and their families on puberty, sexuality, communication, decision-making and other important topics surrounding adolescents. We believe that parents are their children's prime sexuality resource and that sometimes families need and appreciate additional resources to initiate and maintain these important conversations about growing up.

### **For Girls Only >>**

This class discusses the issues most on the minds of pre-teen girls as they begin adolescence. Topics include puberty changes such as breast development, growth, skin changes, and menstruation. Problem solving ideas including nutrition, sleep, and personal care will be discussed. A conversation about boys, sexual intercourse, feelings, actions and consequences will be covered as part of the social, emotional and cognitive changes of puberty during night two.

### **For Boys Only >>**

This class discusses the issues most on the minds of pre-teen boys as they begin adolescence. Topics include puberty changes: variations in onset, height and weight growth, hair, skin, muscles, and reproductive system. Common concerns of puberty, including body odor, acne, wet dreams, masturbation, building muscles and circumcision, will be discussed.

#### **1.1 For Girls Only (Destination page)**

Page name: For Girls Only

Keywords: girls class, pre-teens, adolescence, puberty, changes, breast development, growth, skin, pimples, menstruation, problem solving, nutrition, sleep, moods, personal care, periods, social, emotional, boys, sexual intercourse, sexuality, feelings

Title: For Girls Only | Classes | Great Conversations

Meta Description: This two-night, two-part class discusses the issues most on the minds of pre-teen girls as they begin adolescence. Topics include puberty changes such as breast development, growth, skin changes, and menstruation. Problem solving ideas including nutrition, sleep, and personal care will be discussed. A conversation about boys, sexual intercourse, feelings, actions and

consequences will be covered as part of the social, emotional and cognitive changes of puberty during night two.

## **For Girls Only**

This two-night, two-part class discusses the issues most on the minds of pre-teen girls as they begin adolescence. Topics in Part One include puberty changes such as breast development, growth, skin changes, and menstruation. We will also discuss problem solving ideas including nutrition, sleep, and personal care. In Part Two we will have a conversation about boys, sexual intercourse, feelings, actions and consequences.

### **Part One**

On the first night, we will discuss: puberty changes, what girls experience in puberty and some practical ideas to solve problems experienced during puberty. We will also answer common questions like, “What makes girls different?” and “What makes girls the same?”

#### **Puberty Changes**

How do puberty changes happen? What does the onset, duration and changes experienced during puberty vary among girls? What are the influences on puberty? All of these questions will be answered in Part One.

#### **What Girls Experience in Puberty**

During puberty, girls will experience breast development, growth, skin changes, brain development and the onset of menstruation. Each girl will experience these things differently and some of these things will be experienced the same way.

#### **Practical Ideas and Problem Solving**

The class will offer ways to address pimples, nutrition, sleep, moods, personal care and periods. There are simple solutions to many issues that arise during adolescence.

### **Part Two**

On the second night, we will discuss decision making, boys and babies.

#### **Decision Making**

Feelings, actions and consequences are all of the parts needed to make a decision. When we think about feelings, we can plan our actions and their consequences in order to make decisions we feel good about. We

will discuss social, emotional and cognitive changes that happen during puberty and how this affects the decisions we make.

### **Boys**

We will discuss how boys experience puberty and how their bodies work. Part of this conversation will include information about sexuality and sexual intercourse.

### **Babies**

Once we understand the role of girls and boys bodies and sexual intercourse, we will be ready to learn about reproduction and childbirth. The conversation will include a section on decision making.

## **1.2 For Boys Only (Destination page)**

Page name: For Boys Only

Keywords: puberty, sexuality, body changes, boys, pre-teens, adolescence, help, talk, learn, height, hair, skin, muscles, body odor, acne, wet dreams, masturbation, circumcision

Title: For Boys Only | Classes | Great Conversations

Meta Description: This two-night, two-part class uses an informal and engaging format to present and discuss the issues most on the minds of pre-teen boys as they begin adolescence. Topics include puberty changes: variations in onset, height and weight growth, hair, skin, muscles, and reproductive system. Common concerns of puberty including body odor, acne, wet dreams, masturbation, building muscles and circumcision will be discussed.

### **For Boys Only**

This two-night, two-part class uses an informal and engaging format to present and discuss the issues most on the minds of pre-teen boys as they begin adolescence. Topics include puberty changes: variations in onset, height and weight growth, hair, skin, muscles, and reproductive system. Common concerns of puberty including body odor, acne, wet dreams, masturbation, building muscles and circumcision will be discussed.

### **Part One**

On the first night, we will discuss: puberty changes, common concerns of puberty and myths related to growing up. Discussion around how one can be normal and different will be at the center our conversation about puberty.

### **Puberty Changes**

How do puberty changes happen? How can one be different and normal? What are the influences on puberty? All of these questions will be answered in.

### **Common Concerns of Puberty**

The class will offer ways to address body odor, acne, wet dreams, masturbation, building muscles and circumcision. There are simple solutions to many issues that arise during adolescence.

### **Myths Related to Growing Up**

“Does having more hair on my body, make me more of a man?”

“If I don’t start puberty when my classmates do, am I less of a man?”

These myths and many more will be discussed in Part One.

## **Part Two**

On the second night will discuss girls, decision making and great conversations to have with a trusted adult.

### **Girls**

Have you ever wondered about how girls are different and the same as boys? What do they experience during puberty? These questions will be addressed in a conversation about sexuality, sexual intercourse, reproduction and childbirth.

### **Decision Making**

Feelings, actions and consequences are all of the parts needed to make a decision. When we think about feelings, we can plan our actions and their consequences in order to make decisions we feel good about. We will discuss social, emotional and cognitive changes that happen during puberty and how this affects the decisions we make.

### **Great Conversations**

How do we talk about this stuff after the class? Part Two will address how to discuss challenging subjects with your son/parent and how to find trusted resources to answer questions on growing up.