

Great Conversations

Maureen Crist - Web 160

Sentences and Keywords 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 | Seattle, WA

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

Great Conversations offers classes to preteens, teens and their families. We believe that parents are their children's prime sexuality resource. 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 - Breast development, growth, skin changes and menstruation
- Problem solving ideas for nutrition, sleep and personal care
- Social, Emotional and Cognitive Changes - Boys, Sex, Feelings, Actions and Consequences

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, hair, muscles, and reproductive system
- Common concerns of puberty such as body odor, acne, wet dreams, masturbation, building muscles and circumcision.

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 | Seattle, WA

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.

Part One

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.

Topics include:

Puberty Changes

- How they happen
- Variations of onset, duration and changes
- Influences on puberty

What Girls Experience in Puberty

- Breast development
- Growth
- Skin changes
- Brain development
- Menstruation

Practical Ideas and Problem Solving

- Pimples
- Nutrition
- Sleep
- Moods
- Personal care
- Periods. There are simple solutions to many issues that arise during adolescence.

Part Two

In Part Two we will have a conversation about boys, sexual intercourse, feelings, actions and consequences.

Topics include:

Decision Making

- Feelings, actions and consequences
- Social, emotional and cognitive changes of puberty

Boys

- How boys experience puberty
- How their bodies work.
- Sexuality
- Sexual intercourse.

Babies

- Reproduction and childbirth

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 | Seattle, WA

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.

Part One

Topics in part one include puberty changes, common concerns of puberty and myths related to growing.

Topics include:

Puberty Changes

- How they happen?
- How one can be different and normal

- Influences on puberty

Common Concerns of Puberty

- Body odor
- Acne
- Wet dreams
- Masturbation
- Building muscles
- Circumcision

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?”

Part Two

In Part Two we will have a conversation about girls, decision making and discuss some ideas for great conversations.

Topics include:

Girls

- How girls are different and the same
- What they experience during puberty
- Sexuality
- Sexual intercourse
- Reproduction and childbirth

Decision Making

- Feelings, actions and consequences
- Social, emotional and cognitive changes and how this affects the decisions we make

Great Conversations

- How to discuss challenging subjects with your son/parent
- How to find trusted resources to answer questions on growing up