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In 1994, Joan White, director of nursing of Humboldt County Memorial Hospital, gathered a team from ISU Extension and Public Health, to modify the program in Iowa where sex education is required.

The Iowa Department of Human Services, Adolescent Pregnancy Prevention Program, supported curriculum development to encourage family communication on sexuality issues and launch the Girl Talk program statewide in 1995.

2007 revisions of Girl Talk include updated information and activities related to healthy sexuality and positive family communication.

An opportunity for fifth and sixth grade girls and their moms/ caregivers to communicate about the future.

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Ident and date

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**These are challenging times for adults\* and the preteen girls they love.**

Preteen girls are trying to understand  
\* what is happening to their bodies,  
\* what guidelines to follow, and  
\* how to respond to the constant media messages surrounding them.

**Guiding girls through these difficult years is not easy.**

Girl Talk gives preteen girls and their trusted adults\* a way to share their questions/ concerns and develop positive feelings about the changes occurring in their lives.

**Each of the four sessions lasts about two hours.**

The first session is just for moms/caregivers\* and provides an overview of the topics discussed in the following sessions.

The program provides a framework for:  
\* Practicing listening and sharing skills

\* Emphasizing respect for family values

\* Discussing health and hygiene issues, including body changes during puberty and facts about sexuality and reproduction



## Registration

Please pre-register by returning this form to

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Program facilitators for this session include

If you have questions please contact

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girl's name

mom/caregiver's name

mom/caregiver's signature

address

city . state . zip code

e-mail

telephone

\* If a mom cannot attend, a grandmother, aunt, or other female role model is welcome to participate