

Registration Form

Mother's Name	
Child's Name	
Child's Age	
Address	
Contact Number	
Email	
Return form and registration fee to:	UT-TSU Extension <i>(make check payable to UT Extension)</i> 1331 McArthur Street, Manchester, TN 37355 Cost: \$30/family

Who Are We?

The UT-TSU Extension Partnership serves Coffee County through educational programs in the areas of Agriculture, Family and Consumer Sciences, Community Economic Development, and 4-H Youth Development. As an outreach branch of the University of Tennessee Institute of Agriculture and Tennessee State University, our office provides **Real. Life. Solutions.**

For More Information about this or other UT-TSU Extension Partnership programs, Please call, visit our office or on the web at:

1331 McArthur Street, Manchester, TN

931-723-5141

coffee.tennessee.edu

Contact Us

Michelle Matthews, Extension Agent
jmatthe1@utk.edu

Belinda Riddle, Extension Agent
briddle@utk.edu



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

Girl Talk

Adults & youth communicating about life changes: bodies, behaviors & beliefs



Girl Talk is an educational program offered by University of Tennessee Extension



Girl Talk Program

The Girl Talk program has been developed to bring mothers and daughters together in a nonthreatening, friendly environment to learn together about life changes, communication, family values, and decision making. We will present factual information about life changes, body changes, male and female difference, pregnancy, fetal development, parent responsibilities, AIDS and making responsible decisions. Girl Talk encourages both mother and daughter to apply the skills learned to develop an open communication system within the family.

According to the Centers for Disease Control, sexual activity among teens results in three major health issues:

- *Pregnancy among teenagers*
- *Sexually transmitted diseases*
- *Risk of HIV infection and HPV*

Goals

- To provide factual information about sexuality.
- To explore sexual attitudes, feelings, values related to making responsible decisions about sexual situations.
- To encourage open communication within the family.
- To promote young girls' positive self-esteem and acceptance of sexuality.



Objectives

- Generate a healthy discussion within their families about sexuality, values, feelings and decision making.
- Generate a comparison between male and female reproductive systems.
- Discuss risks related to early sexual activity.
- Demonstrate the use of communication skills between family members.
- Generate a list of obligations and responsibilities of being a parent.
- Engage in activities which promote self-esteem.

Program Topics

Session I (For Moms Only)

- How Were You Taught?
- Talking about Changes-A Guide for Families
- Are You an Askable Parent?
- Parents talking to their daughters about sexual coercion and technology

Session II

- Growing Up for Girls
- Male and Female Anatomy
- Body Changes/Body Differences
- Communication
- Self-Esteem

Session III

- Menstruation
- Female Health and Hygiene
- Your Body ONLY
- Technology...sending the right message
- Understanding Life Changes

Session IV

- Pregnancy and Birth
- Fetal Development
- Parenthood Responsibility
- STI's

Each session 2 hours in length.