



San Mateo-Foster City School District presents...
A Health Connected Family Program
PUBERTY TALK

For: Parents/trusted adults
AND pre-adolescent children
(ages 10-12)

Date: February 20, 2018

Time: 6.30pm-8.00pm

Location: Fiesta Gardens International School
Multi Purpose Room,
1001 Bermuda Dr, San Mateo

Health Connected has been serving youth and parents in the Bay Area with their superior sexual health and relationships education for over 20 years. Health Connected strives to empower parents and trusted adults with knowledge and skills to effectively engage their children in open and honest conversations about sexual health.

You are invited to join us for a fun and interactive family program. Health Connected Family Programs are inclusive- we learn together in mixed family and gender groups to encourage understanding and acceptance. Using drawings, multimedia and activities, the various changes that happen to the body during puberty are explained. Families learn, laugh, and share together, making a potentially sensitive subject more comfortable and paving the way for future conversations.

Spanish translation will be available upon request.