



## For Girls Only: A Heart to Heart Talk on Growing Up

We are excited to host a special Tea Talk program called *For Girls Only: A Heart-to-Heart Talk on Growing Up*. Taught by Julie Metzger, RN MN, the program emphasizes family communication, and provides resources that help guide young people on their journey through adolescence. Using lectures, group activities and humor, the program will cover the following topics:

- What girls experience during puberty;
- Problem solving and practical ideas for managing changes;
- Common concerns of puberty including pimples, nutrition, sleep, moods, personal care and periods; and
- Tips on staying close through healthy communication in families.

Metzger, a pediatric nurse, writer, educator and mother to three adolescents, developed a curriculum on puberty, sexuality, and decision-making for pre-teens and a trusted adult in 1989 called *Heart to Heart: For Girls Only*, and she has since taught the *Heart to Heart* class to tens of thousands of pre-teen girls and adults in the Seattle area, Pittsburgh, and the Bay Area. Metzger collaborates regularly with the Lucille Packard Children's Hospital in Palo Alto and is a nurse consultant at Children's Hospital and Regional Medical Center in Seattle. For more information about Julie Metzger and *For Girls Only: A Heart-to-Heart Talk on Growing Up* go to [www.greatconversations.com](http://www.greatconversations.com).