

Suggested Agenda

SESSION I (For MOMS Only)

Program Content and Rules

How Were You Taught?

Talking About Sex—A Guide for Families

Are You an Askable Parent?

Mothers Talking to Their Daughters About Sexual Inter-
course and Oral Sex

SESSION II

Growing Up for Girls

Male and Female Anatomy

Body Changes/Body Differences

Communication

Self-Esteem

SESSION III

Menstruation

Female Health and Hygiene

Child Sexual Abuse

Understanding Sex and Sexuality

SESSION IV

Pregnancy and Birth

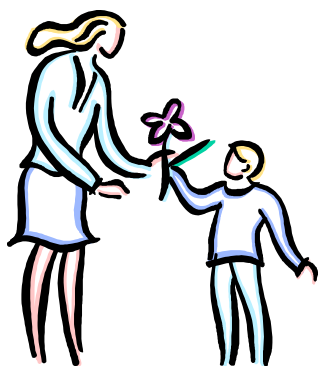
Fetal Development

Parenthood Responsibility

STD's & AIDS

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GIRL TALK

Curriculum

The **Girl Talk** curriculum was designed to bring mother and daughters together in a fun and relaxed environment to learn about sexuality. The goal of the **Girl Talk** program is to encourage healthy discussion within the family about sexuality, values and decision-making.

Girl Talk is for mothers and daughters ages 9 - 12 years. The curriculum was designed to be taught in four (4), two (2) hour sessions . . . preferably, once a week for four weeks. The curriculum suggests the use of purchasable videos. These videos give a base for the program and it is highly recommended that these or similar videos be used.

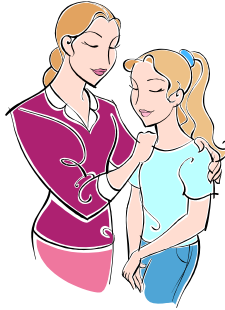
The curriculum is unique to many other sexuality programs because it brings together the mother and daughter in the same class, in order to foster a bonding that will hopefully last a lifetime. The **Girl Talk** curriculum was developed in 1989 by Judy Cloud Berryhill; a Tennessee Extension FCS Agent, Trish Lowery; a health educator; and Joanne Brown, a registered nurse. For the past 15 years, the **Girl Talk** program has been ongoing in several Tennessee Counties.

In 2005, the **Girl Talk** curriculum was updated and revised with new mini-lectures and new suggested videos. The curriculum has been copyrighted and printed by the University of Tennessee Extension.



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:

The participants will:

- 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.

"The goal of the Girl Talk program is to encourage healthy discussion within the family about sexuality, values and decision-making"

Suggestions for planning a Girl Talk class:

TEACHERS

We suggest a team-teaching approach, professionals in different areas. (Example—Extension FCS or Youth Development agent, health educator and a nurse.)

CLASS SIZE

Minimum: 5-6 mother - daughter pairs (10-12 persons total).

Maximum: 12 mother - daughter pairs (24 persons total).

ROOM SET-UP

Tables and movable chairs are needed (not attached to desks as found in many schools). Set the tables in a "U" shape with the chairs only on the outside perimeter, with the instructor table at the top of the "U." This type of set-up lends itself well to group discussion and a feeling of unity for the group.

EQUIPMENT & SUPPLIES

TV/VCR, note folders, pen/pencils, name tags, table tent name cards, magic markers, prizes for each session (candy, bubble gum, fun pen/pencils, small note pads), question box, handouts listed in each session, videos listed in each session. (Specific things needed are indicated with each lesson.)

CLASS SCHEDULE & TIMES

The class consists of four (4), two (2) hour sessions (a total of 8 hours of class time). The classes can be set up in various formats (For example: 4 sessions over a four-week period, 4 Monday nights or 4 Thursday nights).

COST

A minimal fee should be charged to cover the cost of note folders, small prizes, refreshments, paper products, etc. A charge of \$40.00 per parent-child pair is recommended (or an appropriate fee, based on program expenses), with a fee waiver option for families in need of financial assistance. Fees are collected at the first class session.

