

Growing Up Together

A Parent–Child Health & Wellness Workshop

Grades 4–6

Preparing Students for Puberty. Strengthening Communication. Growing Together.

1. THE WORKSHOP

Growing Together is an educator-led **parent–child workshop for students in grades 4–6 and the adults who support them.**

The workshop provides age-appropriate education about the physical, biological, social, and emotional changes associated with puberty while creating an opportunity for parents and children to learn, communicate, and begin important conversations together.

Rather than focusing solely on the biological process of puberty, Growing Together addresses the **whole experience of growing up**—including hygiene, self-esteem, relationships, communication, trusted adults, and positive decision-making.

Our goal is simple:

Help students understand what is happening to their bodies while helping families feel more comfortable talking about it.

2. WHAT STUDENTS AND PARENTS WILL EXPLORE TOGETHER

UNDERSTANDING PUBERTY

What puberty is, why it happens, and the physical and biological changes young people can experience.

CARING FOR A CHANGING BODY

The importance of proper hygiene and developing healthy personal-care habits.

SOCIAL & EMOTIONAL CHANGES

How growing up can affect emotions, confidence, friendships, family relationships, and the way young people see themselves.

BUILDING SELF-ESTEEM

Strategies for developing confidence, accepting individual differences, and maintaining a positive sense of self.

TRUSTED ADULTS

Why having a trusted adult matters and how young people can recognize when they need support, guidance, or help.

COMMUNICATION

Practical ways young people and adults can communicate more openly and respectfully during a period when children are becoming more independent.

HEALTHY RELATIONSHIPS

Understanding how relationships between young people and parents, caregivers, teachers, and other trusted adults can evolve during adolescence.

POSITIVE DECISION-MAKING

Helping young people understand the importance of thoughtful choices, personal responsibility, and seeking guidance when needed.

3. THE PARENT–CHILD CONNECTION

Growing Together creates a shared starting point for conversations that can sometimes feel difficult to begin.

Parents and children receive the opportunity to learn about puberty together in a supportive educational environment.

The workshop encourages families to:

- Talk openly about physical and emotional changes.

- Ask questions in a supportive setting.
- Identify trusted adults and sources of reliable information.
- Develop healthier communication habits.
- Normalize conversations about growing and development.
- Strengthen the parent–child relationship during a time of increasing independence.

Our goal is not to replace the parent conversation.

It is to help families start it.

4. LEARNING OBJECTIVES

Following the workshop, students will be better prepared to:

- Describe the basic biological process of puberty.
- Recognize common physical changes associated with development.
- Understand that puberty occurs at different times and rates.
- Identify healthy personal hygiene practices.
- Recognize social and emotional changes that may accompany adolescence.
- Identify strategies for building self-esteem and confidence.
- Identify trusted adults and understand when to seek support.
- Practice positive communication with parents, caregivers, and other trusted adults.
- Recognize the importance of healthy relationships.
- Understand the importance of thoughtful, positive decision-making.

Parents and caregivers will leave with greater awareness of the developmental changes their children are experiencing and practical tools for continuing age-appropriate conversations at home.

5. NEW YORK STATE HEALTH EDUCATION CONNECTION

Supporting New York State Health Education Standards

Growing Together is designed to complement district health education programming and support instruction connected to New York State's Health Education Learning Standards.

NYSED's health education content identifies elementary-level expectations related to **human growth and development, individual differences in development, and connecting personal health practices to changes occurring during puberty.**

The program also incorporates themes reflected in NYSED health education guidance, including **healthy relationships, communication, personal support systems, and positive health behaviors.**

Growing Together is intended to **supplement and complement local district curriculum**, not replace it. NYSED emphasizes that learning standards establish expectations while districts make local curriculum and instructional decisions.

NYS Health Education Connections

Growing Together	NYS Health Education Connection
Puberty and biological development	Human growth and development
Different rates of development	Individual developmental patterns
Hygiene and personal care	Personal health practices
Social and emotional changes	Personal health and wellness
Trusted adults	Personal support systems
Communication	Healthy communication and relationships
Self-esteem	Personal/social health
Positive decision-making	Positive health behaviors and choices

This is much better than saying “**Growing Together keeps your district in compliance.**”

6. OPTIONAL DISTRICT-SPECIFIC CONTENT

HIV/AIDS EDUCATION

If requested by the district, HIV/AIDS information may be incorporated as an **optional component** of the workshop.

Any inclusion of this content would be discussed with district leadership in advance to ensure that the material, scope, and delivery are appropriate for the students, families, district curriculum, and district policies.

7. WHY A PARENT–CHILD WORKSHOP?

Students need information. Parents need conversation tools.

Puberty can be a challenging transition for both children and the adults who support them.

Growing Together creates an opportunity for families to receive consistent, age-appropriate information and begin conversations together—before questions become uncomfortable or communication becomes difficult.

The workshop is designed to help:

Students

Feel informed, prepared, and confident.

Parents & Caregivers

Feel more comfortable discussing puberty and development.

Schools

Support health education while strengthening school-family partnerships.

8. OUR EXPERIENCE

Growing Together is founded by experienced educators with professional knowledge of students, families, classroom environments, and age-appropriate health education.

Our experience providing educational programming within **Rockville Centre schools** has given us valuable firsthand insight into working with students and families around sensitive developmental topics. That experience helped inform the development of Growing Together and our approach to creating a broader parent–child workshop for school communities.

9. WORKSHOP FORMAT & LOGISTICS

Audience: Students in grades 4–6 + parent/caregiver

Format: Parent–child workshop

Length: 90 minutes

Location: District/school facility

Presenters: Kerry Figueiredo +Keith Bosch

Scheduling: After-school/evening availability, currently booking January-March 2027

District coordination: Required prior to workshop

10. DISTRICT PARTNERSHIP

Growing Together will work with each district to determine:

- Appropriate grade levels
 - Workshop format
 - Scheduling
 - District policies
 - Parent communication
 - Student groupings
 - Topics to be included
 - Optional content
 - Insurance/vendor requirements
 - Any district-specific needs
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11. WHAT THE DISTRICT RECEIVES

Depending on the selected program:

Parent–Child Workshop

Educator-developed instructional materials

Program objectives and overview

District coordination

Optional district-specific content

Professional documentation and insurance information as required

12. NEXT STEPS

LET'S GROW TOGETHER

We would welcome the opportunity to learn about your district and discuss how a Growing Together Parent–Child Workshop could support your students and families.

Interested in learning more?

1. **Contact us** to schedule a brief conversation.
2. **Tell us about your district's needs** and the students you serve.
3. **We will discuss the appropriate workshop format and content.**
4. **We will provide a customized proposal, including program details, logistics, and investment.**

CONTACT

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Supporting Students. Strengthening Families. Growing Together.