



## Phase 2: "All About Me" Seminars for Boys & Girls

Part of the "Changing & Growing Program"  
From I'm All Girl (& Boys, Too!), Inc.



**Phase 2 - "All About Me"** seminars address the emotional and social changes associated with puberty.

- P2 Seminars explore all the normal emotional and social stressors that concern adolescents.
- The gender-specific format provides students with a comfortable forum for asking questions and expressing opinions without fear of embarrassment or reprisals.
- P2 provides both boys and girls with the skills needed to help deal with their concerns and issues.
- Seminars are modulated and accommodate all curriculums and schedules.

### Workshop Objectives:

- Prepare students for the changes experienced during puberty and help them accept the changes as normal, natural parts of growing up.
- Identify and review behavioral changes that accompany puberty.
- Provide an opportunity for children to learn about their changing bodies in a positive environment.
- Foster self-esteem and maturity by practicing decision making and problem solving tools in discussion on timely issues.

### P2 Girls - Course Sample

- Learning Personalities
- What are Emotions
- Learning Body Language
- Good Body Image
- Working on Self-Esteem
- Managing the Emotional Cycle
- Eating Disorders
- Decision Making
- Problem Solving
- Managing Peer Pressure
- Good friend management
- Cyber Safety
- Families & Change
- Learning Multiculturalism



### P2 for Boys - Course Sample

- What's Your Personality?
- What are Emotions?
- Learning Body Language
- Managing Attitudes
- The A<sup>2</sup> (Attitude Adjustment) Process
- Body Image
- Power
- Dealing with Sadness
- Decision Making
- Problem Solving
- Managing Peer Pressure
- Families & Change
- Learning Multiculturalism



**Tools:** Animated PowerPoint Presentation and hand-outs. Evaluations, on-line resources, Lesson Planners also available.

For information on pricing and scheduling,  
please contact

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