

Parents, Kids Together Invited to Talks on Puberty (Then Have Your Own Talks on Sex)

Author : David Gurliacci

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Puberty is a fact-of-life and life-changing, but it's still a topic that makes kids (and grownups) blush and look down at the floor.

As parents, would you welcome an opportunity to connect comfortably and productively with your son or daughter in a discussion on puberty?

Parent Awareness of the YWCA Darien/Norwalk will be hosting two programs in March: "Guy Talk" on Monday, March 12 and "What Every Girl Needs to Know" on Monday, March 19. Both will be held from 7 to 8:30 p.m. at Holmes Elementary School, 18 Hoyt St.

The talks are designed for fourth and fifth graders accompanied by their same-sex parent.

Darienite **News for Darien**

—an announcement from the YWCA of Darien/Norwalk

<https://darienite.com>

The presentations will focus on the physical and emotional changes of puberty in a straightforward and entertaining manner, helping your children to understand what to expect in the future.

These will not be sex talks but will provide a starting point for further discussions with your child on his/her changing body.

Dr. Timothy Kenefick, a pediatrician and Darien Public Schools Medical Advisor, will present “Guy Talk.” Diane Frankel-Gramelis, professor at SCSU and Public Health Practice Coordinator at Yale, will present “What Every Girl Needs to Know.”

Similar programs have been well-attended and received.

If You're Going ...

- Registration is encouraged. For “Guy Talk” [register here](#); talk, and for “What Every Girl Needs to Know” [register here](#).
- YWCA Parent Awareness programs are free of charge and open to the public. The suggested donation to help underwrite the program is \$10.

For nearly 20 years, Parent Awareness has offered family-focused education and support for parents and children to encourage the healthy development of youth and families. For more information on the YWCA’s Parent Awareness Program and other upcoming events visit us at the [YW's Parent Awareness page](#).