

Manlius Pebble Hill School Presents

Wonder Years

Great Conversations

Body Changes, Cyberbullying
& Social Media Safety **Ages 9, 10 and 11**



Girls

Tuesdays, 4:30-5:30 p.m.

March 14, 21, 28

Course Fee: \$120 *Includes Book*

Boys

Thursdays, 4:30-5:30 p.m.

March 16, 23, 30

Course Instructor: MPH Health Teacher Ms. Lisa Patchen

This course offers a comfortable learning environment to understand body changes that young people are going through during their pubescent years. It's a small group for the essential questions of what and why is happening to their body, how it effects them emotionally, how to take care of themselves and who to talk to. The importance of being educated on cyberbullying and social media safety is also discussed and a must for our youth on the internet.

Topics Covered

- Communicating with parents and other trusted adults about puberty.
- Reviewing the natural changes that occur.
- Understanding the anatomy and functions of the male and female reproductive systems.
- Exploring strategies to manage emotional and social issues associated with puberty.
- Safeguarding the health of the reproduction system (hygiene, nutrition and physical exercise).
- Respectful treatment of peers.
- Identifying resources and people for answers and help during these changes.
- Girls understanding what they should have in their "emergency pack."

Wonder Years, Great Conversations (Ages 9, 10 and 11) March 2017



Student _____ Grade _____ Circle one
Male or Female

Parent/Guardian _____ Email _____

Full Address _____

Email _____ Daytime Phone # _____

Paying in Full [] \$120 **2 Pay Plan** [] \$60 now and \$60 auto charged on March 6

Payment Amount \$ _____ [] Check Enclosed (payable to MPH)

Visa or Mastercard # _____ Exp. Date _____

Name: _____

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