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Welcome To Let's Talk!

An app that gives children the opportunity to learn all about their bodies and the changes they go through during puberty. This period of a young person's life can be difficult for them and their parents also! Let's Talk is a way for you as a Parent to approach the topic of Puberty and Sex with confidence and no embarrassment as this app takes a modern and fun approach to all the awkward situations that your child may be curious about.

The Contents of Lets Talk features:

- An Introduction to Puberty
- What happens to Girls during Puberty
- What happens to Boys during puberty
- How Babies are Made
- Consent

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Here are some Helpful tips in Guiding your Child through Puberty!

#1 Educate Yourself

The more you know as Parent the better you can prepare yourself for the impending teenage mood swings, identity crisis' and embarrassing acne moments. Remember how it felt when you were a teenager. Read books about teenagers, you don't need to know the answer to everything but as long you're your empathic and there to listen to your child, the easier it is to deal with.

#2 Open Conversations

Starting to talk about menstruation or wet dreams after they've already begun is starting too late. Answer the early questions kids have about bodies, such as the differences between boys and girls and where babies come from. But don't overload them with information — just answer their questions. If you don't know the answers, get them from someone who does, like a trusted friend or your paediatrician.

#3 Good Timing

With girls, it's vital that parents talk about menstruation before their daughters actually get their periods. If they are unaware of what's happening, girls can be frightened by the sight and location of the blood. Most girls get their first period when they're 12 or 13 years old, which is about 2 or 2½ years after they begin puberty. But some get their periods as early as age 9, while others get it as late as age 16.

On average, boys begin going through puberty a little later than girls, usually around age 10 or 11. But they may begin to develop sexually or have their first ejaculation without looking older.

#4 A Little Experimenting is OK

If your teenager wants to dye their hair, wear a bit of eyeshadow, paint their nails or wear crazy clothes, think twice before starting an argument. This is part of growing up and finding who you are and what you like. Letting them do something that is temporary and harmless not the end of the world. You want to save your objection for more serious things like, alcohol, smoking, and drugs or anything permanent like tattoos.

#4 Inform Your Teen — and Stay Informed Yourself

The teen years often are a time of experimentation, and sometimes that experimentation includes risky behavior. Don't avoid the subjects of sex and drug, alcohol, or tobacco use. Discussing tough topics openly with kids before they're exposed to them actually makes it more likely that they'll act responsibly when the time comes. Share your family values with your teen and talk about what you believe is right and wrong, and why.

#6 Kids need their Privacy too

It can be tricky to draw the line between parent and child boundaries but it's important you respect your child's privacy in order for them to grow up into a young adult. If you're noticing some unusual behaviour or trouble, you have the right to investigate. Otherwise give them the space they need.

Of course, for safety reasons, you should always know where teens are going, when they'll be returning, what they're doing, and with whom, but you don't need to know every detail. And you definitely shouldn't expect to be invited along!

#7 Keep an eye on what Kids See and Read

It's so easy for kids to have access to lots of information from Tv, magazines, books, the internet – but be cautious about the amount of time spent on these activities. Access to technology should be limited after certain hours (10pm or so) and they should not have unlimited access to tv or internet in private. These activities should be done in public.

#8 Make Appropriate Rules

Bedtime for a teenager should be age appropriate. The recommended amount of sleep for Teenagers is about [8-9 hours](#). Encourage your teenager to stick to a sleep schedule that will meet those needs. Encourage a reasonable amount of family time together, but be flexible. It's normal for teenagers to want time away from family, don't be insulted when your growing child doesn't always want to be with you.