

GROWING TOGETHER PROGRAM

Growing Together is a program designed to increase positive communication between mothers or other significant adults and their 9 to 12-year old daughters.

Growing Together:

- Allows time for mothers and daughters to explore their feelings, values and expectations.
- Provides participants the opportunity to practice decision making and problem solving skills.
- Provides participants the opportunity to learn about open communication, which is an important part of a healthy relationship.
- Provides factual information about the changes girls may experience during puberty.
- Helps parents to answer questions about sexual behavior and puberty without embarrassment.



girls
inc.®

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