

# Parents of 5<sup>th</sup> Graders!

are you **READY...or NOT?**  
for those conversations your children need as they face  
the changes of puberty.

They hear a lot from TV, movies, songs, the news, their friends...  
but how much are they hearing from you?

It's time to "get ready" to start talking now!

**Pat Garrity, L.C.S.W. will offer parents, grandparents and guardians:**

- ✓ **Facts to help you start conversations**
- ✓ **Ways (for you and your child) to feel less embarrassed when you talk**
- ✓ **Ideas to help mothers and fathers talk to their daughters and their sons**
- ✓ **Suggestions to include family values**

**You will also preview the information  
your child will have in their classroom program.**

**Monday, November 9<sup>th</sup> from 7:00 p.m. to 8:30 p.m.  
at Frederick School**

(you'll laugh, you'll learn, and you'll like the resources!)

*"Great presentation! I appreciate putting parents as the first teacher – as it should be."*

*"I could listen for hours. Her suggestions were things I could do tonight." (mom)*

*"This lady knows her stuff. A wealth of real time info and advice." (dad)*

*"You are a NATURAL at expressing the difficult information." (mom)*

*"Exceptional! Well worth the time!"*

This evening presentation is intended only for the adults – students are not to attend.

If you would like more information about this presentation, please email [pat-garrity@att.net](mailto:pat-garrity@att.net) or contact Elisa Bundy, Health Coordinator for Grayslake District 46 at (847) 543-5834.