What’s Up, Doc?
“Great Conversations” Coming to Bellingham in March
By Josie Lee, MD

If you have a pre-teen son or daughter, you might be feeling nervous about having “The Talk” with them. Talking about body changes and sexual reproduction is an important but sometimes awkward conversation. That’s why PeaceHealth Pediatrics has been hosting Great Conversations in Bellingham for the last 5 years. There are separate boys’ and girls’ classes to be attended by 10-12 year-olds along with a parent or trusted adult. The classes will provide developmentally appropriate and medically accurate information through a combination of lecture, storytelling, role play, family engagement and questions/answers. The dynamic and fun instructors do a wonderful job of creating a safe and inclusive environment that will set a foundation for more conversations at home.

Topics covered in the classes are:
- What to expect and how to care for your body during puberty
- General information on topics of preteen health, such as nutrition, sleep and exercise
- Emotions and brain development
- Sexuality and attractions/crushes
- Sexual reproduction
- Decision making, communication skills and consent

The classes will be held at the St. Luke’s Health Education Center near PeaceHealth St. Joseph Medical Center. The boys’ class is scheduled on Sunday, March 8, and the girls’ class is Sunday, March 15. The classes run from 1:00-5:30 p.m., with a 30-minute break and a light snack provided. The registration fee is $70 and includes a copy of the Great Conversations book, entitled “Will Puberty Last My Whole Life?” There are scholarship funds available upon request. Register now before classes fill up by going to the website Greatconversations.com. We look forward to seeing you there!