

Mother Daughter Workshop Overview-Pre-Teen

- Workshop 1 (Moms)
 - Introduction
 - Moms pre-survey
 - Strategies for communication
 - Back to our adolescence
 - Communication Exercises
 - Workshop overview

- Workshop 1 (Daughters)
 - Introduction- ice breakers activities
 - Rules
 - Knowledge Pre-Survey

- Workshop 2 (Moms-Daughters)
 - How to take care of our bodies
 - Puberty body changes for female and male

- Workshop (Moms-Daughters)
 - Anatomy discussion: female body
 - Anatomy discussion: male body
 - Menstruation and pregnancy

- Workshop 4 (Moms-Daughters)
 - How to take care of our bodies: Feminine hygiene (pads, tampons, shaving, bra)

- Workshop 5 (Moms-Daughters)
 - Overview of sexually transmitted Infections (STI) and what type of protection is needed. Emphasis on HIV
 - How to protect yourself from STI and pregnancy (condom)

- Workshop 6 and 7 (Moms-Daughters)
 - Overview of birth control methods
 - Overview of Human Papillomavirus (HPV); HPV vaccine
 - Overview of healthy relationships
 - Importance of taking care of yourself and goals
 - Daughters only: Knowledge Post-Survey and Evaluation
 - Mothers only: Communication Discussion, Post survey and evaluation