

Conquering the Puberty Blues

ONLINE (over 3 sessions)

Tuesdays 1st, 8th & 15th March 2022

1:30pm – 3:00pm (Aust DST)

Sydney/Melbourne – 1:30pm – 3:00pm (AustDST) Brisbane 12:30 -2:00pm (AustEST) Adelaide – 1:00pm -2:30pm (AustCDT)
Darwin – 12:00 noon - 1:30pm (AustCST) Perth – 10:30am – 12:00 noon (AustWST)

The transition from child to young adult brings much change and a few challenges for many individuals and their families. A cognitive or atypical neurodevelopmental disability (intellectual disability, ASD, acquired brain injury) comes with the addition of social communication difficulties, sensory differences and increased anxiety which can add further complexity to assisting individuals learn about the key changes that take place during puberty in terms of:

- understanding and managing changes to their body (personal hygiene, menstruation, erections, wet dreams)
- feeling comfortable with their developing body, sexuality (sexual thoughts, desires, sexual activities) and reproductive health
- developing and maintain respectful relationships

Children with disability often experience delays in achieving milestones; however, puberty usually occurs at the same age and rate as typically developing children. Children with an atypical neurodevelopmental disability may need a more individualised plan of support to adjust to the changes that happen in puberty. Health professionals can provide support to individual's and their families/carers in planning for and navigating these conversations.

Workshop Objectives – this module will provide participants with:

- an overview of the key physical changes for boys and girls in puberty
- an overview of teenage sexuality
- considerations/issues (regarding puberty) for neurodiverse children/teens and their families
- support a collaborative approach for health professional to work in authentic partnership with individual's and their parents/caregivers to address any concerns/issues that arise with regard to puberty and sexuality.

Workshop Delivery

Participants will be expected to complete the workshop requirements via an integrated system of pre-reading material, online content and participation in scheduled group presentation/tutorial session. Participants will need to have access to internet facilities including Zoom and webcam to ensure that they are able to access the workshop content and participate in the on line group sessions.

This workshop is suitable for occupational therapists, psychologists, child health nurses and school health nurses. Please note that due to confidentiality, copyright and privacy reasons, this workshop WILL NOT be recorded.

About the Presenter



Rebecca Khan authored the clinical resource *Conquering Wees & Poos: a learning package for continence clinicians* (©Queensland Health 2012) through the Royal Children's Hospital, Brisbane. She presently runs Kids That Go, a private Occupational Therapy service in Brisbane and has been assessing, treating and researching best practice for paediatric incontinence since 2002. Rebecca has presented on the topic of Paediatric Continence for various organisations including the Continence Foundation of Australia, Queensland Health, Zi-Mei Events and OT Australia-Qld.

Registrations for this workshop are now open at www.zimei.com.au Further workshop enquires can be directed to Zi Mei Events on info@zimei.com.au or (07) 3358 3689