

Conquering the Puberty Blues

ONLINE (over 3 sessions)

Tuesdays – 10th, 17th & 24th November 2026

11:00am - 12:30pm (AustEDT)

Brisbane – 10:00am – 11:30am (AustEST) – **Sydney/Canberra/Melbourne/Hobart** – 11:00am – 12:30pm (AustEDT) – **Darwin** – 9:30am – 11:00am (AustCST) – **Adelaide** – 10:30am – 12 noon (AustCDT) – **Perth** – 8:00am – 9:30am (AustWST)

Adolescence is a period of immense change and growth, both physically and emotionally, with each stage from early puberty to late adolescence bringing unique challenges and opportunities for many individuals and their families. Engaging with adolescents involves a nuanced understanding of their development stages, employing effective communication strategies, managing conflicts with empathy, and adapting to the evolving parent-adolescent relationship dynamics. By incorporating these elements into interactions with adolescents and their parents, professionals can create supportive environments that encourage growth, resilience, and positive connections that build trust and foster healthy relationships to support their journey toward adulthood.

Individuals with a disability often experience delays in achieving developmental milestones. However, puberty generally usually occurs at the same age and rate as their typically developing peers. Adolescents with a neurodevelopment or cognitive disability (intellectual disability, ASD, acquired brain injury) may also experience social communication difficulties, sensory differences and increased anxiety that can add further complexity to assisting individuals learn about the key changes that take place during puberty. These teens and their families may therefore need a more individualised plan of support to adjust to the changes that happen in puberty. Health professionals can provide support to individuals and their families/carers in planning for and navigating these conversations.

Workshop Objectives – this workshop will provide participants with:

- A developmental overview of puberty:
 - emotional, behavioural and physical development, including understanding and managing changes to their body and participation in self care activities (personal hygiene, menstruation, erections, wet dreams)
 - feeling comfortable with their developing sexuality (sexual thoughts, desires, sexual activities) and reproductive health
 - developing and maintain respectful relationships
 - protecting teen's privacy and confidentiality
 - supporting gender and sexual identity
- Considerations/issues (regarding puberty) for neurodiverse children/teens and their families
- A collaborative approach for health professional to work in authentic partnership with individuals and their parents/caregivers to address any issues that arise with regard to puberty and sexuality.

Workshop Delivery

The workshop will be delivered over 3 weeks via an integrated system of pre-reading material, weekly pre-recorded lecture presentations and the scheduled online tutorial sessions. Participants will need to allocate **1.5 - 2 hours per week for self-study** outside the online group sessions.

- **Workshop Manuals** participants will be mailed a hard copy of the workshop manual which will include:
 - presentation notes, covering the online presentation content as well as the case studies used in the group tutorial sessions
 - resources to assist with implementing workshop content into clinical practice
- **Online content** one week prior to the workshop, participants will be emailed a link to the pre-recorded online presentation related to the upcoming tutorial session. Presentation content will be approx. 1 - 1½ hours in length – participants are expected to have viewed this content prior to participation in the scheduled group tutorial session (NB. the link to this content will expire on commencement of the accompanying tutorial session).
- **On line group tutorial sessions** – using Zoom videoconferencing, participants will have the opportunity to link into three consecutive interactive tutorials (group discussions, case studies and Q&A sessions) to integrate their newly acquired knowledge and skills. Participants will be emailed the link (including password) to their scheduled sessions.

Participants will need to have access to internet facilities including Zoom and webcam to ensure that they are able to download and view workshop content, as well as actively participate in the on line group tutorials and agree to the [online T&C](#). To fully participate in the interactive components of the group tutorial sessions, participants are encouraged to log on using a tablet, laptop or desk top computer. While utilising a mobile phone to access these sessions is possible, the functionality of the device may limit participants ability to fully engage in the interactive components of the session.

Workshop Recording

Please note to safeguard the copyright of material presented, maintain the confidentiality of case discussions and the privacy of participants, **this workshop WILL NOT be recorded**.

This workshop is suitable for occupational therapists, psychologists, child health nurses and school health nurses.

About the Presenter



Rebecca Khan is an occupational therapist, mother and continence advocate who runs a private allied health clinic in Brisbane, Australia. She has first-hand experience with have a tricky body, having lived with Ulcerative Colitis and associated surgical interventions for 20 years. As a volunteer, she has facilitated a support group for Crohn's and Colitis Australia for 10 years.

Rebecca has presented on the topics of paediatric continence and self-care for various organisations including Continence Foundation of Australia, Qld Health and Zi Mei Events.

In 2011, Rebecca authored the clinical resource *Conquering Wees & Poos: a learning package for continence clinicians* (©Queensland Health 2012) through the Queensland Children's Hospital. Rebecca graduated from the University of Qld in 2001 and has been assessing, treating and researching best practice for paediatric incontinence since 2002.

Registrations for this workshop are now open on our website www.zimei.com.au.. Further workshop enquiries can be directed to Zi Mei Events on info@zimei.com.au