

The Chat FAQs

What is the difference between The Chat In-person and The Chat Virtual?

- The Chat In-Person and The Chat Virtual mirror each other in content and curriculum but delivered in different settings.

The Chat In-Person	The Chat Virtual
<ul style="list-style-type: none">• The Chat In-person is for preteens 10-12 and a grown-up.• All genders are included.• Two 2-hour sessions that are typically one week apart. Each session includes a short break and time to answer anonymous questions.• Live instruction with expert instructors in an auditorium or large classroom setting.• Includes an interactive workbook, PowerPoint graphics, and conversation prompts for families.	<ul style="list-style-type: none">• The Chat Virtual is for preteens 9-12 and a grown-up.• All genders are included.• Five 45–60 minute workshops that are typically one week apart. Each workshop includes time to answer anonymous questions.• Live instruction with expert instructors via Zoom online in the setting of your choice.• Includes an interactive workbook, short videos, technical support, and conversation prompts for families.

How do I know which format is best for my family?

- Whether virtual or in-person, The Chat provides a fun, interactive, medically accurate, developmentally focused approach to the topics of puberty and sex for families to attend together.

The Chat In-person offers:	The Chat Virtual offers:
<ul style="list-style-type: none">• Learning together in a classroom/auditorium space with families from the general public in the same developmental space.• Having opportunities to hear and learn as other families talk and share with each other and interact with the instructors.• Families with a preteen who might benefit in learning in an away-from-home setting with a single grown-up.• In-person and Virtual session registrations are not interchangeable on the same registration ticket.	<ul style="list-style-type: none">• Learning together in familiar environments like your home with additional privacy for conversations with each other.• Learning information in shorter segments with time between workshops to process.• Families with a younger preteen aged 9 are welcome to attend.• A chance to attend a live session alongside other families or friends who live in another city or state in a virtual format.• In-person and Virtual session registrations are not interchangeable on the same registration ticket.

How will the content be split up with each class?

- The Chat In-Person sessions and The Chat Virtual workshops mirror each other. They both share the same content, and both are offered to all genders together in the same space.

The Chat In-Person	The Chat Virtual
<p><u>First Session</u></p> <ul style="list-style-type: none"> An introduction to the puberty experience for every body including body odor, pimples, hair, growth, and voice changes. What most girls experience in puberty including breasts, periods, masturbation, self-concept. What most boys experience in puberty including erections, ejaculation, masturbation and self-concept. <p><u>Second Session</u></p> <ul style="list-style-type: none"> How our brains change during puberty. Exploration of emotional regulation, decision-making, healthy conversations with family and friends, crushes, and consent. Being sexual, sexual reproduction, healthy relationships, and sexual decision-making. 	<p><u>#1 Is Puberty Weird?</u></p> <p>An introduction to the puberty experience for every body including body odor, pimples, hair, growth, gender, and voice changes.</p> <p><u>#2 Body Basics</u></p> <p>What most girls experience in puberty including breast development, periods, masturbation, and self-concept.</p> <p><u>#3 More Body Basics</u></p> <p>What most boys experience in puberty including erections, ejaculation, masturbation, and self-concept.</p> <p><u>#4 Crushes, Consent and Other Conversations</u></p> <p>How our brains change during puberty. Exploration of emotional regulation, decision-making, healthy conversations with family and friends, crushes, and consent.</p> <p><u>#5 Our Sexual Selves</u></p> <p>Being sexual, sexual reproduction, healthy relationships, and sexual decision-making.</p>

Why is the in-person class all gendered now, instead of the single gendered class from previous years?

- Research has shown when we normalize learning together about bodies in puberty and how they work and grow, we change the narrative from shame and embarrassment to one of building empathy, compassion, and respect for each other. Our virtual workshops have included all genders since 2020 and over 12,000 families have given us their enthusiastic *thumbs up* on how much they appreciate the chance to learn about the entire puberty experience for all humans together. Although some of the physical parts of puberty are determined by specific body parts and hormones - much of the puberty experience is shared by all people. National Standards for Sex Education include learning in all gender environments to promote emotional and physical health and reduce the confusion and stigma often associated with these topics. Whether virtual or in-person, The Chat provides a fun, interactive, medically accurate, developmentally focused approach to the topics of puberty and sex for families to attend together. We are committed to bringing programs on the important topics of growing up to girls, boys, and gender expansive youth and their grown-ups. Our goal for 35 years has stayed the same: for families to leave our programs with more confidence having conversations with each other on the topics of growing up.

Can I take multiple siblings to one class?

- We encourage you to bring each child separately honoring their individuality. During class, there is opportunity to learn and discuss things together. The class involves role-playing games and conversation prompts, where it is helpful to have one-on-one time with each. However, each family has its own dynamics, and we invite each family to choose what works best for them. The Chat Virtual allows for additional family members to join at no additional cost, as you will be joining from one screen. The Chat In-person

When will I receive my copy of “Will Puberty Last my Whole Life?”

- We do a mass mailing once a month at the end of each month. Your copy of the book will be shipped out at the end of the month after you attend the first class in the series (Is Puberty Weird?). After the books are shipped, it could take up to 10 days to deliver. The book is not needed before class, nor used during class. Rather it is supplemental material.

What if I need to change a class date within my registration?

- We will accommodate rescheduling your classes one time per registration on a case-by-case basis. If you need to adjust the dates of your series or are interested in spreading your classes out over a longer period, please email us at LPCHCommunityClass@stanfordchildrens.org to reschedule your workshops. You will have one calendar year from your first class to reschedule.

How do I cancel a class registration?

- To cancel a class, please refer to your registration confirmation email. Under Order Summary, you will find a link to ‘view and manage your order’. This link will take you to an Eventbrite page where you can cancel your class up to 7 days before the class. If you need to cancel your class within 7 days of your class, please email LPCHCommunityClass@stanfordchildrens.org. You will have up until 7 days prior to the start of class to receive a refund back to your original payment method. Attendee credit will be given to those requesting to cancel within 7 days of the class or after the class has started.

Are there scholarship funds?

- Scholarship funds are available for all our programming. To inquire about how to apply, email us at: LPCHCommunityClass@stanfordchildrens.org.