



Changes, Changes, Changes

Great
Methods
for
Puberty
Education

Stephanie Mitelman
Editor-in-Chief

Susan Milstein & Amanda Saxe
Associate Editors

Foreword by
Bill Taverner



The Center for Family Life Education
Planned Parenthood of Central and Greater Northern New Jersey, Inc.

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Without a doubt, this up-to-date, comprehensive, age-appropriate, and honest guide is a "must-have" resource for educators—providing the very tools kids need in today's fast-changing times to make responsible and informed decisions as they navigate the normal, but sometimes difficult, ups and downs of puberty.

— Robie H. Harris
Author, *IT'S PERFECTLY NORMAL:
Changing Bodies, Growing up, Sex, and Sexual Health*

This is the most thorough guide I have ever seen! It goes far beyond classical puberty education and explores friendships, love and respect of self and others. The group exercises are straightforward and clear so that any educator can adapt them. I would love to see this adapted for use by parents with their kids. Bravo!

— Laurie Betito, PhD
Psychologist and Sex Therapist

CHANGES, CHANGES, CHANGES is engaging, very creative, and extraordinarily respectful of young people during this critical period in their lives. Another important publication from the Center for Family Life Education!

— Michael Carrera, MD
The Children's Aid Society

CHANGES, CHANGES, CHANGES is an absolute treasure trove of activities to help young people figure their way through the tough issues they face for becoming healthy sexual beings in today's world. Particularly impactful is the respectful and normative way that gender and sexual orientation diversity are addressed throughout the manual, and not just in lessons devoted to this complex content.

— Bernice Humphrey
Girls Inc.

Early sexuality education that includes puberty is vital to a child's healthy growth and development. *CHANGES, CHANGES, CHANGES* offers a complete, inclusive approach to sex ed that is packed with amazing hands-on activities and practical hints for educators. Dynamite!

— Mary Jo Podgurski, RNC, MA, EdD
The Academy for Adolescent Health