



# GIRLS ELEVATED

Texas Children's Hospital and Baylor College of Medicine's Department of Obstetrics and Gynecology are pleased to host Girls Elevated, an interactive day-long session for young girls and their parents.



SATURDAY

# April 1, 2023

**8:30AM-3PM** United Way Community Resource Center • 50 Waugh Drive, Houston, TX 77007

**Join us for an informative, fun-filled day dedicated to creating stronger, more confident young women.**

Our team of experts will help arm teen and preteen girls with the knowledge they need to navigate the changes and challenges that lie ahead.

Sessions will cover important topics such as healthy relationships, body changes and sexual pressures. Adults will receive expert advice on bonding with their teen, setting boundaries and talking about difficult subjects.

## TOPICS

Normal puberty, periods and hygiene, social media, vaccines, high risk behaviors

## WHO SHOULD ATTEND?

Girls ages 8-18 and their parents/caregivers

*Separate sessions for elementary, middle school, high school and adults*

## COST AND REGISTRATION

\$35 per adult/teen pair  
\$22.50/adult or \$15/additional child

*Admission cost includes lunch, snacks and free convenient parking*

Baylor  
College of  
Medicine

DEPARTMENT OF  
OBSTETRICS &  
GYNECOLOGY



To reserve your space, register at  
[GirlsElevated2023.eventbrite.com](https://www.GirlsElevated2023.eventbrite.com)