The Puberty Prof Podcast

Episodes from January 2021 to July 2023

- 1. Why this Podcast and Why Me, the Puberty Prof?
- 2. Ten Useful Tips for Having Puberty Talks
- 3. Common Changes that Occur during Puberty and Adolescence with Jen Aull
- 4: Reflecting on Puberty with Kelli & Rhianna
- 5: First Crushes The Valentine's Day Special Episode with Margo, Tyler, Laura, and Eric
- 6: Commons Changes Most Boys Experience (Part 1) with Chris Homer
- 7: Commons Changes Most Boys Experience (Part 2) with Chris Homer
- 8: Reflecting on Puberty with Randy
- 9. Common Changes Most Girls Experience (Part 1) with Anita Scheffer
- 10. Common Changes Most Girls Experience (Part 2) with Anita Scheffer
- 11. Reflecting on Puberty and Adolescence with Amanda
- 12: Taking Care of Your Skin with Dr. Craig Mohney
- 13. The Puberty Prof Trivia Game with Mr. Aaron Coleman
- 14. Five (5) Healthy Habits of Emotional Well Being with Elle Mark, Miss Minnesota
- 15. Body Image and Loving Oneself with Dr. Irene Cucina
- 16. Two Guys' Experiences with Puberty with Austin and Tom
- 17. Menstrual Products in the Year 2021 with Margo
- 18. Healthy Menstrual Cycles with Jen Aull
- 19. Puberty Parties with Dr. Fatu Forna
- 20. Partnering through Puberty The Wonder Years with Wendy Sellers
- 21. Sex Ed & HIV Policies with Angela Blood Starr
- 22. A Pediatrician's Perspective on Boys and Puberty with Dr. Setay
- 23. Spirituality & Sexuality What to Teach Young People with Kara Haug
- 24. The "M" Word Part 1 with Dr. Keely Rees
- 25. The "M" Word Part 2 with Dr. Keely Rees
- 26. The Trivia Game with the Puberty Prof
- 27. Chatting with Two Incredible Teens Part 1
- 28. Chatting with Two Incredible Teens Part 2
- 29. Supporting Smooth Transitions Into and During the Middle School Years with Dr. Robert Dixon
- 30. Mindfulness during the Pre-Teen Years with Dr. Megan Sweet
- 31. Healthy Family Connections for Having "Namaste" Households with Ashely Logsdon
- 32. Gender Inclusive Puberty with Melissa Pintor Carnagey, LBSW
- 33. Teaching Children about Consent with Lauren K. Carlson (Author)

- 34. Providing a Voice to Children Teaching about Sexual Abuse with Dr. Kelli Palfy
- 35. Drawing: One Person's Coping Tool for Anxiety with Illustrator Haley Weaver
- 36. The Realities of Bullying a Personal Story with Sumi Mukherjee
- 37. Mental Health in the Pre-Teen and Teen Years with Brant Gauthier of NAMI
- 38. How Reading Helps Pre-Teens Cope with Dr. Danny Brassel
- 39. The 3rd Puberty Prof Trivia Game! with the Puberty Prof
- 40. Fun Facts about the Body Parts Most Girls Have with Dr. Casey Tobin
- 41. Fun Facts about the Body Parts Most Boys Have with Dr. Casey Tobin
- 42. Tips for Talking about Puberty and other Human Sexuality Topics with Rowena Thomas of Amazing Me
- 43. Gender Inclusive Puberty with Saleema Noon
- 44. Signs that Pubertal Changes are Occurring with Steph Auteri of Guerilla Sex Ed
- 45. One College Student's Experience of Growing Up
- 46. Bloody Awesome Periods with Caitlin McGuire with Caitlin McGuire of Bloody Awesome
- 47. Definitions of Identity & Orientation Terms with Al Vernacchio, nationally recognized sex educator
- 48. Navigating Friendships During the Pre-Teen Years with Author Jessica Speer
- 49. Helping Your Pre-Teen Figure Out Their Path with Gail Swift of Plans to Prosper Coaching
- 50. Pregnancy and Some Q's Young People Ask with McKenzie Bradley
- 51. Having Honest Talks about Sex Education with Kim Cook, the person behind the Sex Education Alliance
- 52. The Puberty Prof Trivia Game April 2022 with the Puberty Prof
- 53. Changes Experienced During Puberty with the Puberty Prof
- 54. Pubertal Changes Most Girls Experience with Dr. Marni Sommer
- 55. Reminders of What Most Boys Experience During Puberty
- 56. A Candid Interview with a Parent of Younger Children
- 57. What is Taught in your School about Puberty? With Health Teacher Joanna Schultz
- 58. Using an Emotional Toolbox with Angie Weber, creator or the Parent Toolbox
- 59. Body Image The Realities Behind It with Debbie Saroufim, a Body Relationship Coach
- 60. Essential Tips for Talking about Sex with Young People with Dan Rice (Author and formerly of Answer)
- 61. Keeping Kids Safe from Online Sexual Content with Amy Lang, Sex Educator with 25+ years experience
- 62. Talking about Our Body Parts, including the Clitoris with Janelle The, Health Educator Extraordinaire
- 63. An Interview with a Christian Mom Raising 18 Kids with Jenn Taylor
- 64. Substance Use: A Decision We Need to Help Our Young People with Bobby Newman
- 65. Spring/Summer 2022 Trivia Game with the Puberty Prof
- 66. "Tools" to Understand What is Age- & Developmentally-Appropriate Sex Ed (The NSES) with Nora Gelperin from Advocates for Youth
- 67. What Teaching Consent and Healthy Relationships Are About with Meghan Conklin
- 68. Teaching Consent with Words that Work with Mike Domitrz, Founder of the Center for Respect

- 69. Basic Anatomy & Physiology Knowledge & Skills with Tess Vanderhaeghe
- 70. Puberty & Adolescent Sexual Development Basic Knowledge and Skills with Dr. Lori Reichel
- 71. Brain Development during the Pubertal Years with Dr. Gina Simmons
- 72. Gender Identity & Expression Foundational Knowledge (& Skills) with Carrie Burton
- 73. What is Sexual Orientation & Identity? With Gina Lepore
- 74. What is Sexual Health Knowledge and Skills to Teach your Kids? With Anita Scheffer
- 75. Germs, Hygiene, & Vaccines: Basic "Sexual Health" Info for Kids with Dr. Smalls-Mantey
- 76. What do you need to teach kids about Interpersonal Violence? With guest Dr. Kelli Palfy
- 77. A Kid Friendly Way to Talk about Interpersonal Violence and Empathy
- 78. The Fall 2022 Trivia Game of the Puberty Prof Podcast
- 79. Growing Up- What to Expect (with the Puberty Prof)
- 80. Why Isn't It Easier for Parent to Talk with Their Children about Puberty and Sex? With Dr. Flores
- 81. Building Bridges For Honest Sex Ed Talks (including Puberty Talks With Dr. Flores
- 82. Being a Positive Influence by Talking about Analyzing Influences with Judy LoBianco
- 83. Loving Oneself for Valentine's Day
- 84. Growing Up is Beautiful! With Stavros
- 85. Helping Young People Manage a Healthy Pre-Teen Life On- and Off-line with Sarah Menard
- 86. How to Help Pre-Teens and Teens Handle Anxiety with Dr. Terri Bacow
- 87. What's Normal? With Jessica Matheson
- 88. Where can pre-teens get correct/reliable information? With Jessica Matheson
- 89. Ready, set, GO! ?'s Young People Ask About Getting Periods with Caitlin McGuire
- 90. Decision Making Skills During the Pre-Teen and Teen Years
- 91. Who is ready for some Puberty Prof Trivia?
- 92. The Choices of Menstrual Products with Caitlin McGuire
- 93. Answering Common Questions Asked About Most Boys with Dr. Ryan Fisk
- 94. Answering More Common Questions Asked About Most Boys
- 95. Common Questions Asked About Breast and Breast Development with Meghan
- 96. Choices for Supporting Breasts with Meghan
- 97. Helping Young People Learn Positive Communication Skills with guest Jen Mead
- 98. "I" statements with guest Jen Mead
- 99. Helping Pre-Teens Navigate Their Journeys
- 100. Teaching Young People to Advocate with Dr. Irene Cucina
- 101. Helping Young People Plan and Set Goals: Part 1
- 102. Helping Young People Plan and Set Goals: Part 2
- 103. For Parents: Transferring Conflict into Cooperation with Your Pre-Teen with Cynthia Klein
- 104. Puberty Trivia with the Puberty Prof

- 105. Growing Up- What to Expect (with the Puberty Prof) (originally #79) (9/5/23)
- 106. Why Isn't It Easier for Parent to Talk with Their Children about Puberty and Sex? With Dr. Flores (originally #80) (9/12/23)
- 107. Common Changes Most Girls Experience (Part 1) with Anita Scheffer (originally #9) (9/19/23)
- 108. Common Changes Most Girls Experience (Part 2) with Anita Scheffer (originally #10) (9/26/23)
- 109. Commons Changes Most Boys Experience (Part 1) with Chris Homer (originally #6) (10/3/23)
- 110. Commons Changes Most Boys Experience (Part 2) with Chris Homer (originally #7) (10/10/23)
- 111. The Choices of Menstrual Products with Caitlin McGuire (originally #92) (10/17/23)
- 112. Fun Facts about the Body Parts Most Girls Have with Dr. Casey Tobin (originally #40) (10/24/23)
- 113. Fun Facts about the Body Parts Most Boys Have with Dr. Casey Tobin (originally #41) (10/31/23)
- 114. Essential Tips for Talking about Sex with Young People with Dan Rice (Author and formerly of Answer) (originally #60) (11/7/23)
- 115. Mental Health in the Pre-Teen and Teen Years with Brant Gauthier of NAMI (originally #37) (11/14/23)
- 116. Five (5) Healthy Habits of Emotional Well Being with Elle Mark, Miss Minnesota (originally #14) (11/21/23)
- 117. A Kid Friendly Way to Talk about Interpersonal Violence and Empathy (originally #77) (11/28/23)
- 118. Teaching Consent with Words that Work with Mike Domitrz, Founder of the Center for Respect (originally #68) (12/5/23)
- 119. Being a Positive Influence by Talking about Analyzing Influences with Judy LoBianco (originally #82) (12/12/23)
- 120. The Final Trivia Game with the Puberty Prof