

A Parent's Guide

Nightmare on Puberty St.

Educational Theatre, a Community Health program of Kaiser Permanente

Your child will receive Kaiser Permanente's *Nightmare on Puberty St.*, a web series with a livestreamed workshop.

The Virtual Program

Nightmare on Puberty St. is an age-appropriate web series about four middle school students on their journey through adolescence. As the characters wrestle with the question "Am I normal?" they learn to cope with the changes affecting their bodies and minds. The frank and sometimes funny program shows students how to cope with many of the issues of puberty, including how to handle pressure to be sexually active, how to build self-esteem, and where to find help if faced with feelings of depression or thoughts of suicide. After the web series and a follow-up livestreamed workshop, students will understand everyone goes through changes during puberty, and there are resources to help them adjust to those changes.

Nightmare on Puberty St. was created in conjunction with physicians, teachers, licensed counselors, and parents. The performer/educators providing the program receive extensive initial training from doctors and licensed counselors. They also receive continuing training that incorporates updated information as it becomes available from the Centers for Disease Control and Prevention, National Institutes of Health, the Kaiser Family Foundation, and health care providers.

Character Descriptions

Jerry lives with his grandmother and is a well-adjusted, mature, and confident pre-teen. Despite changes in his body and the outside world, Jerry does not change his style or behavior in a way his peers view as "cool," and he is labeled a nerd. Although teased, Jerry chooses to be an upstander when he sees others being teased and forms a surprising relationship in the process. He also decides he is not

A Parent's Guide

Nightmare on Puberty St.

Educational Theatre, a Community Health program of Kaiser Permanente

Starting Out

Show your child it is okay to talk about sensitive issues. Have appropriate discussions with your spouse, partner, or friends about sensitive issues with your child present.

Ask your child what he or she thought about *Nightmare on Puberty St.* Has your child or his or her friends experienced pressure to fit in, problems with cliques or gangs, feelings of sexual attraction, depression, or thoughts of suicide?

Talk about yourself. Share how you felt at that age and how you now feel about these issues.

Remember, you don't have to have all the answers. Don't worry about having to know everything. You and your child can look up answers together and talk about what you learn.



Telephone: (877) 353-2223
Website: kp.org/et/ncal
1438 Webster St., Ste 205
Oakland, CA 94612