

HEALTH BITES

Real facts from real experts.
Bite-sized talks with free lunch.

OMG – A Guide to Understanding Adolescent Girls

Understanding teenage girls can often be a challenge. The Royal Hospital for Women's expert on adolescence health, **Dr Rebecca Deans**, will be shining a light on puberty, discussing the what, when and how of adolescence in girls. Participants will be given tips on how to talk to their daughters about their changing bodies, and the increasing modern-day pressures of body image. Insights about how to keep watch on teenage girls' mental health will also be covered, as well as when to ask for help if you are concerned.

The Royal
HOSPITAL
FOR WOMEN
FOUNDATION


BLACKMORES
INSTITUTE
RESEARCH | EDUCATION | INNOVATION



OMG – A Guide to Understanding Adolescent Girls

Who should attend?

The object of this Health Bites talk is to provide some insights on the often daunting prospect of understanding adolescent girls. Parents, carers or anyone looking for some guidance on how to navigate through this transformative phase are very welcome to attend the free lunchtime talk. While there are no simple answers on this crucial stage of development, the Health Bites talk will ensure that you are armed with fact, not fiction.

During the 40-minute presentation, Dr Rebecca Deans will deliver evidence-based information over lunch and refreshments. Question time will allow a 10-minute opportunity to seek dynamic answers to your burning questions.



Rebecca Deans

Dr Rebecca Deans is a gynaecologist, working at Genea, the Royal Hospital for Women, Sydney Children's Hospital and UNSW. She is a fellow of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists. She has a Masters of Medicine (Reproductive Health Sciences & Human Genetics) from Sydney

University, Australia. She has a PhD in Asherman's Syndrome from UNSW. She also holds the Certificate of Reproductive Endocrinology and Infertility. Following her fellowship, she travelled to the United Kingdom to undertake post fellowship training in the area of Paediatric and Adolescent Gynaecology. She has a special interest in Paediatric and Adolescent Gynaecology, Infertility and Fertility Surgery.

Wednesday 25 October 2017

Time: 12:30pm-1:30pm

Venue: Ashurst Lawyers, Main Ballroom
Level 9, 5 Martin Place Sydney NSW 2000

Goody bags will be provided, along with a lucky door prize!

For more information and to book

go to royalwomen.org.au/talk4

or email Natasha Talevski Natasha.Talevski@health.nsw.gov.au

HEALTH BITES

Real facts from real experts.
Bite-sized talks with free lunch.

The Royal
HOSPITAL
FOR WOMEN
Sydney

BLACKMORES
INSTITUTE