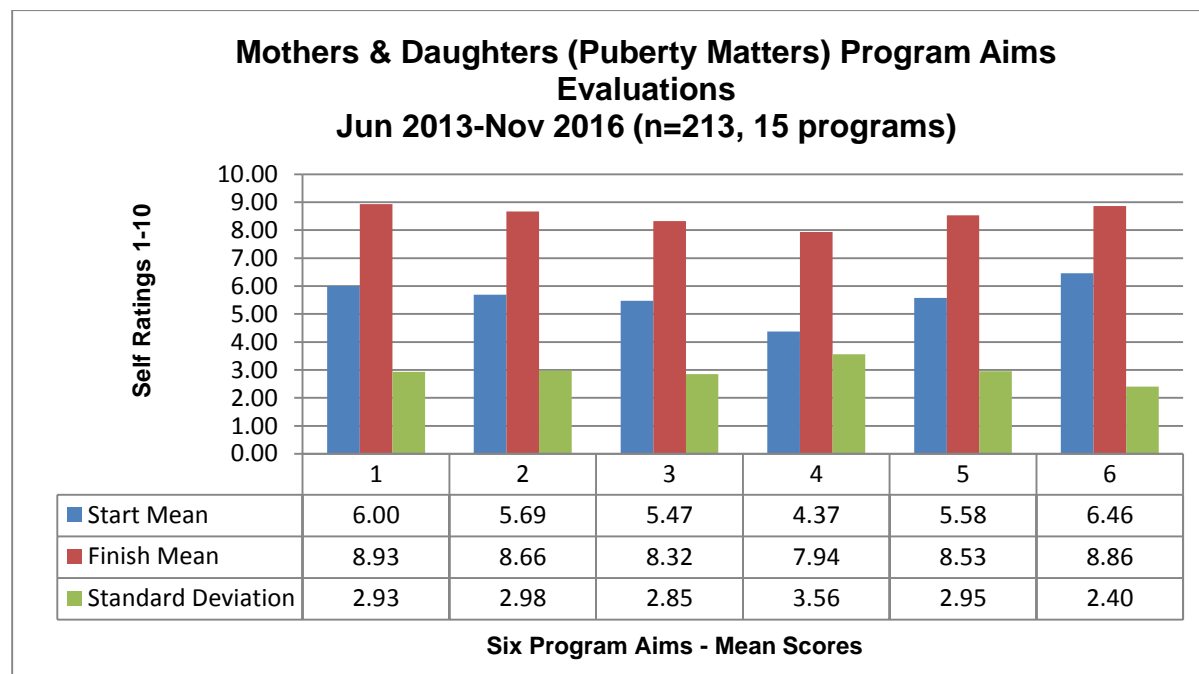


# PROGRAM EVALUATION MOTHERS & DAUGHTERS (Puberty Matters)



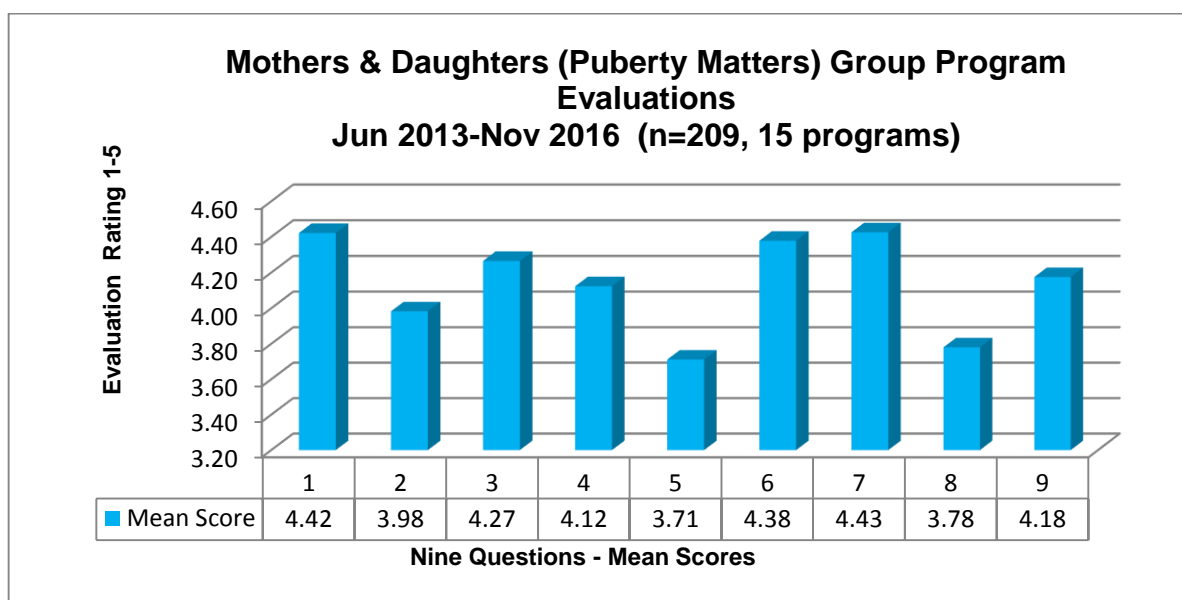
This is a three-week program (two hours per week) to help mothers and daughters understand and deal with the changes that take place during puberty and adolescence. The program has been offered by Central West Women's Health Centre for over 20 years and is delivered in partnership with Bathurst Community Health Centre or a local Women's Health Nurse.



## Quest # Program Aims

- 1 Knowledge of the physical changes during puberty/adolescence
- 2 Understanding of mental/emotional changes during puberty/adolescence
- 3 Ability to talk with others about the above changes
- 4 Understanding of natural therapies available for menstruation
- 5 Ability to put protective behaviour strategies in place
- 6 Ability to seek appropriate help & support

Overall the program aims were met with the final ratings ranging from 7.94 up to 8.93 (out of 10). Understanding natural therapies had the lowest finish rating (7.97). Knowledge of the physical changes during puberty/adolescence had the highest finish rating (8.93). The greatest area of reported change (3.56) was in participant's understanding of natural therapies available for menstruation.



Quest #	Question
1	Appropriateness of group program content
2	Degree of comfort discussing feelings & experiences
3	Level of coping with situation/issue
4	Ability to make positive changes in life
5	Degree to which life has improved
6	Overall satisfaction with group experience
7	Likelihood to recommend group to others
8	Degree of connection with others in community
9	Ability to access support in future

The evaluation of the program was very positive with scores ranging from 3.71 up to 4.43 (out of 5). Degree to which life has improved was the lowest rating (3.71). Likelihood to recommend the group to others rated the highest (4.43)

<b>MOTHERS &amp; DAUGHTERS – PUBERTY MATTERS EVALUATIONS</b> (Summary Examples)	
<i>How have you benefited from your group experience?</i>	
<b>Category</b>	<b>Examples</b>
<b>Increased knowledge &amp; skills</b>	<ul style="list-style-type: none"> <li>Sexual changes and periods and bullies.</li> <li>Learning how to deal with changes physically and mentally.</li> <li>I now know how to deal with the changes.</li> <li>We have learnt about puberty on both genders. We learnt about pads.</li> </ul>
<b>Peer support</b>	<ul style="list-style-type: none"> <li>Listening to other ideas, particularly ones you hadn't thought of.</li> <li>Shared stories.</li> <li>Good to get others points of views and hear other experiences/stories.</li> </ul>
<b>Interaction between mother &amp; daughter</b>	<ul style="list-style-type: none"> <li>We are talking more and we have connected better.</li> <li>Great to spend time with [daughter] and discuss what we learnt.</li> <li>Able to identify &amp; talk to daughter about puberty issues.</li> <li>It has further enabled conversations with my daughter about growing up.</li> </ul>
<i>What were the most important things you learnt from your group participation?</i>	
<b>Category</b>	<b>Examples</b>
<b>Sharing &amp; peer support</b>	<ul style="list-style-type: none"> <li>Your [sic] not alone.</li> <li>That we all go through similar experiences &amp; feelings.</li> </ul>
<b>Increased knowledge &amp; skills</b>	<ul style="list-style-type: none"> <li>How to handle different situations, eg. bullying.</li> <li>Puberty [sic], bullying [sic] and cyber bullying [sic].</li> <li>Clarify the puberty part &amp; having to understand about the</li> </ul>

	<ul style="list-style-type: none"> <li>communication.</li> <li>Learning to deal with cyber bullying.</li> <li>Body changes &amp; bulllys [sic].</li> <li>Open communication is the key.</li> <li>Importance of trust and building rapport.</li> </ul>
Increased awareness	<ul style="list-style-type: none"> <li>How boys also get puberty.</li> <li>What the girls are feeling at this age.</li> <li>Be open and listen.</li> <li>It reminded me about changes my daughter will be going through.</li> </ul>
<b>What was the most difficult part of the group for you?</b>	
<b>Category</b>	<b>Examples</b>
Participation	<ul style="list-style-type: none"> <li>Opening up and saying things.</li> <li>Talking about the changes with everyone else.</li> <li>Some of the activities as didn't know everyone.</li> </ul>
Sexuality	<ul style="list-style-type: none"> <li>Talking about changes in men.</li> <li>Secion [sic] 2 when we had to look at Pubity [sic].</li> </ul>
<b>Was there something else that would have been beneficial for you?</b>	
<b>Category</b>	<b>Examples</b>
Additional information	<ul style="list-style-type: none"> <li>Hands on bullying.</li> <li>Breasts.</li> </ul>
<b>Additional comments</b>	
<ul style="list-style-type: none"> <li>I enjoyed it a lot.</li> <li>This is the 3<sup>rd</sup> time I've done the program &amp; it's extremely beneficial – my girls have always got a lot out of the program.</li> </ul>	