

UAMS News Bureau

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**UAMS to Host Girlology[®], Guyology[®]
Puberty Sessions on April 26**

LITTLE ROCK — The University of Arkansas for Medical Sciences (UAMS) will host Girlology[®] and Guyology[®] on April 26 to help girls and boys face puberty with greater confidence.

Guyology[®] will be held from 11 a.m. to 12:30 p.m. in the 12th floor auditorium of the Jackson T. Stephens Spine & Neurosciences Institute. The event is for boys ages 9-13, accompanied by a parent or other caregiver.

Girlology[®] will be held from 2-4:30 p.m. at the same location. It is for girls ages 8-14, also accompanied by a parent or other caregiver.

“Many parents find it difficult to talk about puberty with their children. These programs are designed to make it easier to start these important conversations,” said Nirvana Manning, M.D., professor and chair of the UAMS Department of Obstetrics and Gynecology. “With both of these programs, our goal is to create a safe space for families where physicians provide medically accurate information, create a shared experience, and keep the lines of communication open in the future.”

At Guyology[®], attendees will learn about growth and development; hygiene and hair; health and nutrition; moods and emotions; internet safety and curiosity; and even girls’ puberty.

Offered for the first time in Arkansas, Guyology[®] will be taught by Timothy Langford, M.D., professor and chair of the UAMS Department of Urology; and Ashay Patel, D.O., an associate professor of urology in the UAMS Department of Pediatrics who sees patients at Arkansas Children’s Hospital.

“Since we started offering Girlology[®], parents have been asking us if we could do a similar session for boys,” said Manning. “We’re so grateful to our colleagues in the

departments of Urology and Pediatrics for their work in bringing Guyology® to Arkansas.”

Girlology® attendees will learn about growth and development; bras and bra shopping; hygiene and hair management; nutrition and growth; menstruation and menstrual hygiene; respect for self and others; moods and emotions; and internet safety and curiosity.

In addition to Manning, Girlology® is taught by UAMS physicians from the Department of Obstetrics and Gynecology — Laura Hollenbach, M.D., associate professor; and Kathryn Stambough, M.D., an assistant professor in the department’s Division of Pediatric and Adolescent Gynecology who sees patients at Arkansas Children’s Hospital.

The cost for each program is \$30, although scholarships are available for those who cannot afford that amount.

For more information or to register for the event, visit uamshealth.com/uams-puberty-education/.

UAMS held its first Girlology® session in August 2022. Approximately 220 girls and their accompanying adults attended the inaugural event. Since then, several more sessions have been held, and more than 1,800 families have attended.

Girlology® and Guyology® are physician-led digital health apps that support youths and their caregivers through on-demand video, resources and live events.

UAMS is the state’s only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; a hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and eight institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute, Institute for Digital Health & Innovation and the Institute for Community Health Innovation. UAMS includes UAMS Health, a statewide health system that encompasses all of UAMS’ clinical enterprise. UAMS is the only adult Level 1 trauma center in the state. UAMS has 3,553 students and 1,015 medical residents and fellows. It is the state’s largest public employer with about 12,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children’s, the VA Medical Center and Baptist Health. Visit www.uams.edu or www.uamshealth.com. Find us on [Facebook](#), [X \(formerly Twitter\)](#), [YouTube](#) or [Instagram](#).

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