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**UAMS to Host Popular Girlology®, Guyology®
Puberty Sessions on Aug. 23**

LITTLE ROCK — The University of Arkansas for Medical Sciences (UAMS) will host Girlology® and Guyology® on Aug. 23 to help girls and boys face puberty with greater confidence.

Girlology® will be held from 11 a.m. to 1:30 p.m. in the 12th floor auditorium of the Jackson T. Stephens Spine & Neurosciences Institute. The event is for girls ages 8-14, accompanied by a parent or other caregiver.

Guyology® will be held from 2:30-4 p.m. at the same location. It is for boys ages 9-13, 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.”

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.

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.

Guyology® will be taught by Timothy Langford, M.D., professor and chair of the UAMS Department of Urology; Ashay Patel, D.O., an associate professor of urology and section chief of Pediatric Urology who sees patients at Arkansas Children's Hospital; and Brian Rayburn, PA, a physician assistant at UAMS Health Urology Clinic.

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 either session, 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 nearly 2,000 families have attended. UAMS held its first Guyology® session in April, which was attended by 183 boys and their accompanying adults.

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 seven 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, 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 1,030 medical residents and fellows and two dental residents. 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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