

The **less awkward** Hub

Your school just gave you the guidebook to your kid.

For answers to all of your questions about the tween + teen years, access our membership-based platform. It has all the facts, tools, and resources you need... delivered with a dose of joy. And it's yours for FREE.*



What's in the Hub

It's packed with videos, articles, podcasts, and science-based AI. It has a course that parallels the school-based curriculum That Health Class, so you follow along what your kids are learning in school. It's for adults who want to become calmer and more confident as the kids in their lives grow up... **the essential tool kit you need to help kids build crucial life skills + self knowledge.**

Less Awkward University gives parents access to the same information their kids are taught in That Health Class

GET INFORMED

LESS AWKWARD U

A health and sex ed crash course for parents + trusted adults.

THE AWKWARD BOT

AI trained on every piece of content we've ever created.

SEARCHABLE LIBRARY

All of our podcasts, videos, and newsletters in one place.



GET SUPPORT

OFFICE HOURS

Answers to all of your questions, live and recorded.

WORKSHOPS

Go deeper on puberty-related topics.

GET CONNECTED

DISCOVER COMMUNITY

Crowd source, share resources, and commiserate.

Less Awkward was created by pediatrician **Dr. Cara Natterson** and **Vanessa Kroll Bennett**. They are best-selling authors, the co-hosts of the This Is So Awkward podcast, and the creators of the modern health + sex ed curriculum That Health Class.

Cara and Vanessa may deliver their content with levity, but they take being trusted resources very seriously.



*Hub access is for parents, guardians, and educators.

JOIN THE HUB NOW →

