less awkward

Relatable. Reliable. Science-based. Joyful.

2026 SCHOOL SPEAKING

WHAT IF GROWING UP COULD BE LESS AWKWARD?

Dr. Cara Natterson is a pediatrician and *New York Times* bestselling author of 10 books including *The Care and Keeping of You* series. **Vanessa Kroll Bennett** is a national bestselling author and puberty educator. Together they run **Less Awkward**, the first company aimed at making growing up more comfortable with books, podcast, videos, parent-focused courses and school-based curriculum. Cara and Vanessa speak to audiences across the country, using science and humor to encourage open–– sometimes awkward–– conversations. They don't just hand out this advice, they live it: between them they are raising six teens + twenty-somethings. Their relatable, reliable approach makes them the most trusted voices on the physical, emotional and social changes through the tween and teen years. Read about **Cara and Vanessa here.**

PARENT ED + PROFESSIONAL DEVELOPMENT TALKS

- **This Is So Awkward:** Covers the history of modern puberty, how the experience has changed, and how to talk about it with kids ranging from 8 to 18.
- **"The Talk" is Now Hundreds:** Research-based, relatable strategies for talking to kids about everything from body and brain changes to mood swings, mental health, privacy, porn, screen time, and sex.
- **Health + Sex Ed Today:** Best practices for educating kids with age-appropriate health information given a rapidly changing landscape and widespread misinformation.
- **Student sessions** covering how bodies change during puberty, the impact of hormones, decision-making, anticipated emotional ups + downs, healthy relationships, and more.

FORMAT

Keynotes and classroom-based talks run 45-60 minutes, followed by 15-30 minutes of Q+A.
Alternative format include moderated conversations and panel participation.
For pricing or other questions, email operations@lessawkward.com

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2026 PRIVATE EVENT SPEAKING

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SCHOOL VS. PRIVATE TALKS

Private talks are generally Q+A style as opposed to the keynote format we use in schools. Some private talk audiences include parents only, while others include kids + parents. In schools, we address only one group at a time.

Topics covered in private talks can include:

- How puberty has changed and how to talk about it with kids 8 - 18.
- How bodies change during puberty and the important role of hormones throughout.
- The science behind mood swings and decision-making.
- The interconnection between healthy relationships, privacy, porn, screen time, and sex .
- Managing today's rapidly changing technology landscape and how to set limits.

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2026 CORPORATE + CONFERENCE SPEAKING

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SOME OF OUR MOST POPULAR TALKS

- **This Is So Awkward:** Covers the history of modern puberty, how the experience has changed, and how to talk about it with kids ranging from 8 to 18.
- **"The Talk" is Now Hundreds:** Research-based, relatable strategies for talking to kids about everything from body and brain changes to mood swings, mental health, privacy, porn, screen time, and sex.
- **Health + Sex Ed Today:** How to talk to kids about everything from health and wellness to fad diets and supplements to sex and drugs given a rapidly changing landscape and widespread misinformation.
- **They Did What?!** Understand how brain development and hormones connect to decision-making, moods, healthy relationships, and more. It turns out, we can all hack our brains, even when they're immature.

FORMAT

Keynotes run 45-60 minutes, followed by Q+A.
Alternative format include moderated conversations and panel participation.
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