less awkward

Trusted, science-based guidance about tweens + teens... with a dose of humor.

Dr. Cara Natterson and **Vanessa Kroll Bennett** are two of the most trusted voices on tweens + teens. Cara is the pediatrician behind the bestselling *Care and Keeping of You* series. Vanessa is a nationally recognized puberty educator.

Together they built Less Awkward, a comprehensive platform supporting every part of the growing up with their podcast, books, school-based newsletter and more.

Combining science and humor, Cara and Vanessa help kids and families get through all the physical, emotional and social changes that happen during adolescence and beyond.

3M+
Podcast downloads

8M+
Books sold

50+
Schools using That Health Class

75K+
Followers + subscribers

How we make growing up less awkward

Podcast

Top-ranked in parenting and education

Books

10 best selling titles for adult + kid readers

Curriculum

Health + sex education for students K-12

Newsletter

Engaging parents and trusted adults with science-based info

Learn more about Less Awkward

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