

2026-27 Girls & Guys Nights
approved presenters for use by IUSD PTA

The interest of the PTA is to create open communication between each student and a trusted adult. As students mature, we want them to have practiced conversations around uncomfortable topics in a guided setting to establish trusting relationships and open communication.

These are 60-minute structured presentations designed to encourage conversation between students and their trusted adult about ways to care for themselves and their overall health focused on five key responsibilities: Responsibility to Nutrition, Responsibility to Fitness/Exercise/Sleep, Responsibility to Hygiene, Responsibility to Family, and Responsibility to Work (which is being a student). The biological changes of puberty are presented within these responsibilities.

School sites should host separate meetings for the Girls Nights and Guys Nights. While each meeting will focus on one gender, a brief overview of the biological changes that occur in the other gender will also be presented. Students may attend the program where they feel most comfortable with a trusted adult who may be any parent or guardian.

Guys Night Presenters:

IUSD Science Specialists

Brian Cady	949-936-5542 or briancady@iusd.org
Shawn Gillespie	949-936-6958 or shawngillespie@iusd.org

Girls Night Presenters:

IUSD Science Specialists

Tracy Mulholland* in conjunction with Kelsey Estrada	949-936-5594 or tracymulholland@iusd.org
Jennifer Parrino	949-936-8171 or jenniferparrino@iusd.org
Hayley Thomas	949-934-1570 or hayleythomas@iusd.org
Health Coach	
Nicole Stepanian	949-212-8330 or integrativesteps@gmail.com
PALS Speakers	
Lesley Hedrick	949-527-2155 or teamhedrick@gmail.com
Karen Mitchell	949-244-2554
Stacy Kredel - Coordinator	949-683-8471

Presenter Fees:

\$250 Program Fee (weekday)	\$295 Program Fee (weekend)
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*A two presenter session will \$375 Program Fee (weekday) and \$400 Program Fee (weekend)