

STORY & SEGMENT IDEAS

Dr. Orie is a respected expert, author, and speaker in the area of young women's health and family wellness. She is also a requested media contributor with appearances on ABC, NBC, CBS, and Fox, among others.



TOPICS | *Young Women*

- *What every girl needs to know to set boundaries with besties and boyfriends*
- *Dating 101: Creating a Plan A so you don't need Plan B in the morning*
- *What every girl should know before heading to the beauty counter*
- *Prom night safety tips for a night to never regret*
- *What being a mean girl says about you*
- *Inside, outside beauty tips for feeling good in your own skin*
- *Girl Meets Boy: When to say yes and how to say no*
- *Inner beauty makeovers for girls hiding behind makeup*
- *What high school and college girls should consider to determine what's next*
- *The freshmen fifteens, the first night, and other concerns for young women*

TOPICS | *Parents*

- *Why fathers really do know best when it comes to raising daughters*
- *Showering our daughters with meaningful rather than material gifts*
- *Why your daughter doesn't stand up for herself (and how you can help her find her voice)*
- *The one thing you unwittingly do that's making your daughter miserable*
- *Online Wildflowers and Offline Wallflowers: The millennial teen's identity crisis*
- *Girls Gone Wild: Urban myth or today's reality*
- *How to talk to your daughter without drama and conflict*
- *Girls growing up too fast: Signs, symptoms, and solutions for safeguarding our little ladies*

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