

## Health & Human Relations Program 2016 Preparing for Puberty Program

Dear Parents,

As part of the Year 6 curriculum, students undertake a Health and Human Relations Program. We are fortunate to be able to offer a trained professional Health Educator – Liz Worpel to conduct these sessions for the school.

The aims of the Preparation for Puberty Program in Primary Schools:

- To provide a safe forum for dialogue and communication
- To provide accurate information about human sexuality
- To provide an opportunity to question, explore & assess their own attitudes & values
- To help young people develop interpersonal skills
- To help young people exercise responsibility regarding sexual relationships and their own health and hygiene
- To reduce fear and anxiety relating to puberty and its' changes
- To give strategies to cope with the changes they experience in puberty
- To give positive messages about themselves and their bodies

The 2016 program will take place over 3 weeks, comprising of 6 x 1 hour sessions in Term 3. The topics each session will cover are as follows:

<b>Session One:</b> Introduction and Terminology	(Wednesday 31 <sup>st</sup> August)
<b>Session Two:</b> Changing Bodies	(Monday 5 <sup>th</sup> September)
<b>Session Three:</b> Time of Change	(Wednesday 7 <sup>th</sup> September)
<b>Session Four:</b> Reproduction	(Friday 9 <sup>th</sup> September)
<b>Session Five:</b> Contraception and STI's	(Tuesday 13 <sup>th</sup> September)
<b>Session Six:</b> Staying Healthy	(Friday 16 <sup>th</sup> September)

An information evening session for parents will be held in the week prior to the program commencing. **Please complete the attached slip with your preference for which night would be the most suitable and return ASAP.** Once all slips are returned we will then finalise the date for this session.

**The cost of the 6-session program is \$15.**

Lisa Lennon

**Permission form and money need to be returned by Monday 22<sup>nd</sup> August.**

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**HEALTH & HUMAN RELATIONS PROGRAM 2016  
PREPARING FOR PUBERTY**

CHILD'S NAME \_\_\_\_\_

I grant permission for my child to participate in the Preparing for Puberty Program.

I have enclosed \$15 as payment for the activity.

Signature \_\_\_\_\_(parent/guardian