

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:

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|--|---------------------------------------|
| Session One: Introduction and Terminology | (Wednesday 31 st August) |
| Session Two: Changing Bodies | (Monday 5 th September) |
| Session Three: Time of Change | (Wednesday 7 th September) |
| Session Four: Reproduction | (Friday 9 th September) |
| Session Five: Contraception and STI's | (Tuesday 13 th September) |
| Session Six: Staying Healthy | (Friday 16 th 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 22nd 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