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:

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