



## Health & Human Relations Program 2020 Preparing for Puberty Program – Year 5

Dear Parents,

As part of the Year 5 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 2020 program will take place over 3 weeks, comprising of 4 x 1 hour sessions in Term 3. The topics each session will cover are as follows:

<b>Session One:</b> Introduction and Terminology	(Monday 31 <sup>st</sup> August 9am-10am)
<b>Session Two:</b> Changing Bodies	(Wednesday 2 <sup>nd</sup> September 9am-10am)
<b>Session Three:</b> Healthy Futures	(Friday 4 <sup>th</sup> September 11:30am-12:30pm)
<b>Session Four:</b> Reproduction	(Monday 7 <sup>th</sup> September 11:30am-12:30pm)

An information evening session for parents will be held on Monday 24<sup>th</sup> August, 6pm.

**Please note, due to COVID 19 restrictions this session may need to be run via Webex. We are planning to run this session at school if restrictions ease, if not I will send home a Webex link for you to login to and Liz will run this session via that link.**

**The cost of the 4-session program is \$18**

Thanks,

Alida O'Brien & Emily Duckett



**Permission form and money need to be returned by Wednesday 19<sup>th</sup> August.  
Payments can also be made by credit card or through QKR.**

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**HEALTH & HUMAN RELATIONS PROGRAM 2020  
PREPARING FOR PUBERTY**

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

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

I have enclosed \$18 as payment

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

