



Health & Human Relations Program 2020 Preparing for Puberty Program – Year 6

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 2020 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	(Monday 31 August 10am-11am)
Session Two: Changing Bodies	(Wednesday 2 nd September 10am-11am)
Session Three: Time of Change	(Friday 4 th September 12:30pm-1:30pm)
Session Four: Reproduction	(Monday 7 th September 12:30pm-1:30pm)
Session Five: Contraception and STI's	(Thursday 10 th September 2:30pm-3:30pm)
Session Six: Staying Healthy	(Wednesday 16 th September 2:30pm-3:30pm)

An information evening session for parents will be held on Monday 24th August at 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 6-session program is \$25

Alida O'Brien and Emily Duckett

Permission form and money needs to be returned by Wednesday 19th 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 \$25 as payment

Signature _____ (parent/guardian)

