



## Puberty and Relationship Education

Dear Parents and Caregivers,

Puberty is a challenging time for adolescents and those around them. Understanding the physical changes our bodies undertake (whether we're ready or not!) and the impact these changes have on our ability to interact with others is essential.

On Monday 24<sup>th</sup> August and 31<sup>st</sup> August we have Kate Wilde from 'The Workshop' coming to deliver educational sessions on the physical, social and emotional changes of puberty to all Grade 5 and Grade 6 students. Kate works in a range of primary and secondary schools across Victoria to deliver education on a range of topics associated with social and emotional learning.

The program will involve two lessons, with students in gender specific groups. The sessions will be about puberty and relationships and are not considered "sex education," as sex education is generally delivered in year 7 at secondary school. Educating our students about how their bodies are changing and accompanying issues of adolescence such as peer pressure and body image is the primary focus of the sessions.

If you have any questions please feel free to contact Jennie, Andrew or Kent .

There will be a Parent/Carer evening next Monday 17<sup>th</sup> August from 6.30 – 8pm. Kate will answer any of your questions regarding the sessions.

Kind Regards,

The Grade 5/6 Team

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Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

I give permission for my child, \_\_\_\_\_ to attend the Puberty and Relationship Education sessions, taking place on Monday 24<sup>th</sup> and 31<sup>st</sup> August, 2015.

I will /will not be attending the parent information session on the 17<sup>th</sup> August from 6.30-8.00 pm.

Parent/Guardian Name \_\_\_\_\_ Signed \_\_\_\_\_

Date \_\_\_\_\_