

When kids ask "the" questions...

Interrelate has the answers!

Interrelate's high-quality Sexuality and Relationship Education program is coming to your school!

With over 90 years' experience in this field, Interrelate has a reputation for providing excellence in sexuality and relationship education. Today, over 40,000 students and family members participate in Interrelate School and Family programs each year.

Many parents find it hard to discuss questions relating to sexuality education. *We know how to help break the ice.* Interrelate programs are interactive and family focused, and are conducted by highly trained and experienced educators, who adhere to a strict code of ethics.

Session 1: Where did I come from? (1 hour session - Year 3-6)

This session educates children more about how their bodies work and the differences between males and females, including their understanding of conception, fertilisation, foetal development and the birth process.

Session 2: Preparing for puberty (1 hour session - Years 5-6; Years 3-4 at parent's discretion)

This session prepares children and parents/caregivers for the physical, social and emotional changes associated with puberty, and addresses changing emotions and relationships with families and peers.

Interrelate School Services presents

a special evening program

Family cost: 1 session \$30 per family | 2 sessions \$35 per family

Please note that this cost is GST inclusive

Where: WALLACIA PUBLIC SCHOOL

When: Tuesday, 27th February 2018

Time: Where did I come from? **6:00 pm SHARP** Preparing for puberty **7:15pm**

Specialty books are available for purchase on the night

----- Please complete and return to the school office, with payment in an envelope labelled with child's name and class -----

a special evening program

Name of family: _____

No. attending: Session 1: Where did I come from? Session 2: Preparing for puberty

NO COST!

**WALLACIA PUBLIC SCHOOL WILL COVER THE COST
FOR BOTH SESSION**

Signature: _____



FAMILY EVENING PROGRAM

Overview & Session Outline

Session 1: Where Did I Come From? (Years 3, 4, 5 & 6)

- One 60 minute session
- **PAID BY WALLACIA PS (\$30 per family NO COST)**

Objectives

- To help children aged 8-10 years gain an understanding of the structure and functions of the reproductive system in males and females.
- To provide information on conception (describing sexual intercourse, associated with love in the context of a caring relationship), foetal development and birth of a baby.
- To provide opportunities for parents and children to discuss various aspects of reproduction in an informal way.
- To reinforce the role of parents as a source of information on matters pertaining to sexuality and reproduction.

Session Content

- Introduction
- Family structure and family relationships
- Male/female babies – which is which?
- Protective behaviours
- Male/female reproductive systems
- VF and sexual intercourse
- Foetal development
- Twin explanation
- Birth
- Conclusion

Session 2: Preparing for Puberty (Years 5 & 6) (Years 3 & 4 at parent's/guardian's discretion)

- One 60 minute session
- **PAID BY WALLACIA PS (\$30 per family to attend one session NO COST)**
- **PAID BY WALLACIA PS (\$35 per family to attend both sessions NO COST)**

Objectives

- To provide information on puberty for 10-13 year olds, in relation to the physical changes and emotional changes (in particular, helping them feel comfortable about their bodies and its functions; preparing them for the changes during puberty and dispelling the myths and providing accurate, understandable information).
- To help young people feel okay about being different. Everyone develops at a different rate, especially during puberty.
- To confirm their individuality and promote self-esteem.
- To facilitate communication between parents and their children and encourage young people to take their questions, problems and concerns to their parents.

Session Content

- Introduction
- Revision of Session 1
- How, why and when of puberty
- Physical and emotional changes to both boys and girls
- Changes to boys only
- Changes to girls only
- Why are these changes happening?
- Conclusion