



Adoles-sense Program for Year 5 students

4/11/19

Dear Parents/Carers,

Stage 3: Year 5 Program

Adoles-sense is a sexuality and relationship program designed to help Yr. 5 students be better able to make **sense** of the changes that come with puberty. Using a variety of multi-faceted techniques that include art therapy, role play and counselling strategies, kids learn about these changes in a safe and structured program that is also fun!

Aims:

- ❖ To develop and maintain a positive self-concept
- ❖ To understand self-awareness and identify feelings and ways to manage strong emotion
- ❖ To identify the changes that come with puberty including physical, emotional and social and ways to deal with these changes
- ❖ Age appropriate sexuality information as endorsed by the NSW PDHP curriculum
- ❖ To look at personal safety issues and protective behaviours
- ❖ To develop bystander awareness and peer support relationships

Structure:

- ❖ Two sessions of 90-minute duration
- ❖ Cost \$16.50

The Adoles-sense program will be presented to our students over two days,

Thursday 5th and 12th December.

The P&C are subsidising the program by \$10 per student

which brings the cost to parents down from \$16.50 to **\$6.50.**



Permission note for Adoles-sense Year 5

My child/ren _____ has / have permission to participate in the Adoles-sense workshops being held at Modanville Public School on Thursdays 5th and 12th December.

I understand the cost is \$6.50 and there will not be any refunds.

Parent/Carer name: _____ Signature: _____

Money enclosed: _____ Date: _____