



## Adoles-sense Program for Year 6 students

4/11/19

Dear Parents/Carers,

### Stage 3: Year 6 Program

Adoles-sense is a sexuality and relationship program designed to help Yr. 6 students be better able to make **sense** of the changes that come with puberty, including physical, emotional and social changes in a positive and safe learning environment. 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, social and ways to deal with these changes
- ❖ To look at personal safety issues and protective behaviours
- ❖ To develop bystander awareness and peer support relationships

Structure:

- ❖ Four sessions of 90 minutes duration
- ❖ Cost \$32

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

**Thursday 5<sup>th</sup> and 12<sup>th</sup> December.**

**The P&C are subsidising the program by \$18 per student and the school is paying \$4**

**which brings the cost to parents down from \$32 to \$10.00 per student.**



Permission note for Adoles-sense Year 6

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

I understand the cost is \$10.00 per student and there will not be any refunds.

Parent/Carer name: \_\_\_\_\_ Signature: \_\_\_\_\_

Money enclosed: \_\_\_\_\_ Date: \_\_\_\_\_