overview & session outline

Session 1: Where did I come from? *(Years 3 & 4)*

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.

Content

● Introduction
● Family structure and family relationships
● Male/female babies – which is which?
● Protective behaviours
● Male/female reproductive systems

● Sexual intercourse & conception including assisted
● Foetal development
● Twin explanation
● Birth
● Conclusion

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

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.

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

Cost: **$32 (incl. GST) per family to attend one session**
             $37 (incl. GST) per family to attend both sessions