



## YEAR 5 – MOVING INTO TEEN YEARS – 2022

To Parents / Guardians,

Interrelate, in conjunction with our school and Nords Wharf Public School P&C, are offering a course for students in Year 5 to prepare them for puberty.

**‘Moving into the Teen Years’** explores a range of adolescent issues and offers a comprehensive sexuality and relationship education program designed specifically for this important time in life.

### The Program

Three 90-minute sessions conducted during school hours;

- A wide variety of creative activities and teaching methods are used during the ‘Moving into the Teen Years’ program. These include: a take home workbook to encourage parental involvement; detailed visual presentations; class discussions; written and verbal questions; games and other activities.
- At an age when talking about sex with adults can be embarrassing, Interrelate ensures it is not only informative but also an enjoyable learning experience.

**Session 1:** It’s all about Me – 16<sup>th</sup> June 2022 (morning session)

**Session 2:** My Changing Body – 23 June 2022 (morning session)

**Session 3:** My Changing Relationships – 30 June 2022 (morning session)

### Program Focus

- Acknowledge personal differences and promote respect for, and acceptance of, others
- Increase awareness of personal safety and protective behaviours
- Develop students’ understanding of physical development at puberty, and provide strategies for managing these changes
- Discuss different types of relationships and strategies for managing conflict

The **cost of the course is covered completely by Nords Wharf Public School P&C and our school** and is inclusive of all sessions. If a session is missed through absence, illness or extra-curricular activity, unfortunately the student will miss that session.

If you have any questions about this program please do not hesitate to call the school office and leave a message for Mrs. Skinner.



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### PERMISSION NOTE

*Please complete and return the following permission note to the school office before Friday 1 June 2022.*

☐ I give permission for my my child \_\_\_\_\_  
of class \_\_\_\_\_ to attend the Interrelates 'Year 5 Moving into the  
Teen Years' program on the following dates: 16, 23 and 30 June 2022.

☐ I do not give permission for my my child \_\_\_\_\_  
of class \_\_\_\_\_ to attend the Interrelates 'Year 5 Moving into the  
Teen Years' program on the following dates: 16, 23 and 30 June 2022.

\_\_\_\_\_  
Parent/Carers Signature

\_\_\_\_\_  
Date

