Dear Parents/Guardians,

A team from the Archbishop’s Office for Evangelisation (formerly CatholicLIFE), will be coming to St Matthew’s Page, on the evening of Monday 20th March 2017 to present the My Body, My Life puberty and personal development program to our Year 6 students and their parents. These sessions have been developed specifically for pre-teen, early adolescents and cover aspects of the physical, emotional and social developments that take place during puberty. The program is consistent with a Catholic understanding of the dignity of every human person and the dignity of the gift of sexuality.

Students will attend two sessions:

- A 90 minute evening presentation for students and their parent/guardian on Monday 20th March from 6.30pm to 8.00pm.
- A 90 minute morning session in class on Tuesday 21st March from 9.00am to 11.00am.

Both sessions will be conducted at the school and in single sex groups.

The parent/child evening session includes opportunities for the child and their parent/guardian to work together on fun, non-threatening activities while also being introduced to the same information and vocabulary regarding puberty for further discussion at home. Please note that if you have a son and a daughter in Year 6 they will each need a parent or guardian to accompany them to the evening session. Obviously it is great if a parent/guardian of the same gender as the child can attend (given they have gone through the same changes their child is about to experience) however, either or both parents are warmly welcome to attend the boys and girls session with their child.

The daytime session, during school hours, will include a recap of the material discussed at the parent session with a little more emphasis on being unique, appreciating others’ uniqueness and dealing with peer pressure. The daytime session features small group work conducted by trained facilitators, allowing the students to ask questions and further discuss what they learned the night before.

An outline of the course material is attached to this letter. Please note that the program will not address the mechanics of sexual intercourse as we believe this topic is best addressed by parents, when they judge the time to be right. We do however, discuss the wonder of human life beginning with conception and development in the womb.

If you have any further questions about the My Body, My Life presentation, please feel free to contact course co-ordinator Lara Kirk, who, apart from being a trained educator, is also a Catholic parent of 5 children aged 13 to 21 and so shares the concerns of many parents about approaching these topics sensitively and respectfully. Lara can be contacted at lara.kirk@cg.org.au or on 0429 192 869.

The Year 6 Teachers will begin teaching about Puberty and related topics in class during week 4. We encourage you to talk to your child about this wonderful but also sometimes, very awkward part of their development. Keeping communication lines open as your child grows into a teen is key!

Please return the attached slip to your child’s classroom teacher by FRIDAY 24 FEBRUARY

Warm Regards,

Rachel Powell, Melissa Tuite & Jeremy Stevens
Year 6 Teachers
Summary of My Body, My Life evening Program

Parents/guardians must attend the evening session with their child. These sessions aim to create fun, non-threatening discussion between students and their parent/guardian while ensuring they are both introduced to the same.

Information and vocabulary regarding puberty for further discussion at home. Boys and their parents and girls and their parents will be addressed in separate rooms but will cover the same material listed below:

- Changes during puberty: physical, emotional, social
- Personal hygiene: skin, hair, general cleanliness
- Reproductive systems: growth, development, changes and experiences
- Human conception
- Mood changes & mental health
- Respecting yourself and others
- Cyber safety tips
- Talking to trusted adults

Summary of My Body, My Life in-class Program

The in-class program is conducted in small groups with trained facilitators. This gives students an opportunity to ask questions and further discuss what they have learned at the evening session. The in-class sessions will also focus on valuing and appreciating difference, making good choices regarding friendships, dealing with peer pressure and recognising the need to speak to parents/trusted adults. Topics covered include:

- Puberty changes
- Conception & development in the womb
- Being unique and appreciating others
- Dealing with peer pressure
- Friendship
- Cyber safety
- Talking to trusted adults

My Body My Life Session Return Slip

My child, ___________________________________________ (print full name of child) will be attending the My Body, My Life session to be held at St Matthew’s on Monday 20 March from 6.30pm – 8.00pm.

My child will be accompanied by ___________________________________________ (print name/s of adult/s attending.)

_________________________________________  ___________________________  ____________
Parent Name  Parent Signature  Date