

# Open Doors Counselling and Educational Services Inc.

## WONDER OF LIVING PROGRAM

### PUBERTY SESSIONS FOR YEARS 5/6

- 2 sessions 1 hr. 15 mins in length, preferably a week apart
- For single or mixed sex groups of no more than 30 students
- Using DVD resource: *I'm Stepping Out* from Wonder of Living series.
- cost per session - \$350.
- 4 plus sessions booked concurrently– \$325 per session

### SESSION OUTLINES -

#### Session 1

- different stages in life from baby to old age
- body changes for boys and girls at puberty, including menstrual cycle, sperm production/wet dreams
- Individual differences in looks and development - we are each special and unique.
- challenging body image stereotypes
- Q & A sheets: 'Can you tell me please?' for students to complete after session 1. Teacher to email students' questions to presenter prior to session 2.

#### Session 2 - divided into 35 minutes with girls; 35 minutes with boys

- Q & A time
- Problem Solving and Support Networks - handling peer pressure and challenging situations
- Handouts for Boys and Girls – info leaflet on body changes, problem solving wallet card.

### OTHER OPTIONS/SERVICES AVAILABLE

#### For Parent support:

- **Parent Information Night** at the school conducted by Open Doors, where parents have the opportunity to -
  - hear about the sessions their children will be involved in
  - view dvd content
  - be supported, informed and encouraged to be their child's key educator about sexuality and growing up. Cost: \$450.
- Alternatively, Open Doors suggests and will supply **send home material** for parents -
  - a letter outlining content of class sessions
  - a pamphlet: 'Stay Connected'
- Open Doors also conducts **parent/child nights** as an alternative to class sessions –
  - Yr 3 – 4: birth and development of baby
  - Yr 4 – 5: how a baby begins, growing up
  - Yr 5 – 6: puberty, becoming an adolescent

**Staff member in charge of booking -**

*What do I need to do?*

**IF YOU ARE STARTING WITH A PARENT INFORMATION SESSION**

- confirm date and time of parent session
- confirm numbers
- after parent night confirm class session dates, times, numbers and content with Open Doors

**IF THERE IS NO PARENT INFORMATION SESSION**

- Confirm class session dates and times with Open Doors
- Advise group numbers for each session
- Send home parent letter and pamphlet (available from Open Doors).

**Equipment set up for Parent Information night -**

Please have the following equipment set up and ready - data projector and screen for powerpoint and dvd, table for presenter, side table for pamphlets and resources

**Equipment set up for in-class sessions –**

Please have the following equipment set up and ready for each class session – data projector and screen for powerpoint and dvd, white board and pens.

Bookings must be confirmed by payment of deposit of \$75. Deposits are not refundable if the session is cancelled any later than 2 weeks before the scheduled session.

**Questions and Enquiries to -**

Open Doors Education  
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