



WONDER OF LIVING FAMILY ENRICHMENT PROGRAM

PARENT/CHILD SESSION OUTLINES (PRIMARY)

- ❖ Sessions are based around the 'Wonder of Living' 3-part video series 2019, produced by Open Doors.
- ❖ Note: A **Parent Only Information Night** is recommended as a pre-cursor to Parent/Child sessions.

SESSION A (BASED ON VIDEO PART 1 'A NEW BABY')

How a baby grows and is born

suitable for Years 3 - 6

duration 1 hour

- Introduction and Icebreaker activity
- Story: 'Little Things', introducing concepts of growth and change.
- Watch video. Content - development and birth of a baby, using animation and real foetal footage, told as a family story. The explanation of how a baby begins (sexual intercourse) is **not** given.
- Activity - parents & children complete a worksheet to help remember facts given in the video.
- Guided conversations between parent/guardian & child about -
 - How we are special to each other
 - Memories of when the child was born
 - Parent's own early memories
 - How parents and other support people can help us when we have a problem or need correct information
- Other messages – the importance of family, different kinds of families, loving and caring for others
- Concluding remarks and encouragement for parents to continue the conversations at home.
- Things to take home: Wallet Card about ways to handle ups and downs; brochures etc available for parents.

SESSION B (BASED ON VIDEO PART 2 'AND NOW THERE'S ME')

The amazing human body including the reproductive system and how a baby begins

suitable for Years 5 - 6

duration 1 hour

- Introduction and Icebreaker activity
- Story: 'I Wonder' introducing the question 'How did I begin?'
- Watch video. Content - amazing human body, body systems including reproductive system, explanation of sexual intercourse and how a baby begins (given in the context of married love and including preliminary information about the menstrual cycle as it relates to conception). Other messages – the importance of family, different kinds of families, re-thinking screen time, talking to trusted grownups.
- Activity - parents & children complete a worksheet to help remember facts about conception.
- Guided conversations between parent/guardian & child about -
 - what makes us special to each other
 - How parents and other support people can help us when we have a problem or need correct information
 - ways to problem solve when you are feeling down
- Other messages – understanding up and down feelings, making safe and healthy choices
- Concluding remarks and encouragement for parents to continue the conversations at home.
- Things to take home: Wallet Card about ways to seek help; brochures etc available for parents.

SESSION C (BASED ON VIDEO PART 3 'I'M STEPPING OUT')

Puberty

suitable for Years 5 - 6

duration 1 hr. 15 mins

- Introduction and Icebreaker activity
- Introduction to adolescence and puberty: a time of physical and emotional change
- Watch video. Content – puberty facts for boys and girls, emotional ups and downs. Other messages - handling change and uncertainty, talking to a trusted grownup when you need support or information, identifying social media pressure (body perfection, selfie culture, viewing and sharing internet pornography) and acting in ways that are safe.
- Activity - parents & children complete worksheet about puberty facts given in the video.
- Story – ‘Sometimes’ leading into discussion about emotional ups and downs, body signals when we are down and how to manage down times, support networks.
- Guided conversations between parent/guardian & child about -
 - what makes us special to each other
 - times when someone has helped you
 - practicing how to make safe decisions when under pressure or feeling anxious, unsure or unsafe (cyber safety scenario)
- Other messages – the importance of family, different types of families.
- Concluding remarks and encouragement for parents to continue the conversations at home.
 - Things to take home: Girls’ Changes or Boys’ Changes brochure and Problem Solving wallet card for the children; brochures etc available for parents.

SESSION D (COMBINATION SESSION BASED ON VIDEOS 2 AND 3)

‘Puberty Plus’ - Puberty info plus How a baby begins

duration 1 hr. 15 mins

suitable for Years 5 - 6

- Introduction and Icebreaker activity
- Introduction to puberty: a time of physical & emotional change; a time of questioning & sometimes worry.
- Watch video 3. Content – puberty facts for boys and girls, emotional ups and downs. Other messages - handling change and uncertainty, talking to a trusted grownup when you need support or information, identifying social media pressure (body perfection, selfie culture, viewing and sharing internet pornography) and acting in ways that are safe.
- Activity - parents & children complete worksheet about puberty facts given in the video.
- Introduce and watch section from video 2. Content - body systems including reproductive system, explanation of sexual intercourse and how a baby begins (given in the context of married love and including preliminary information about the menstrual cycle as it relates to conception).
- Activity - parents and children complete a worksheet to help remember facts about conception.
- Emotional aspects of growing up – recognizing body signals when we are down, how to manage down times.
- Other messages – the importance of family, different types of families, support networks.
- Guided conversations between parent/guardian and child about -
 - What makes us special to each other
 - How parents and other support people can help us when we have a problem or need correct information
 - practicing how to make safe decisions when under pressure or feeling anxious, unsure or unsafe (cyber safety scenario)
- Concluding remarks and encouragement for parents to continue the conversations at home.
- Things to take home: Girls’ Changes or Boys’ Changes brochure and Problem Solving wallet card for the children; brochures etc available for parents.