



Open Doors Counselling and Educational Services Inc.

WONDER OF LIVING PROGRAM

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IN CLASS 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 video resource: *I'm Stepping Out* from Wonder of Living series, 2019.
- 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 challenging situations; identifying unsafe media messages (body perfection, selfie culture, internet pornography) and acting in ways that are safe and respectful.
- 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
 - preview video 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 you to email to parents -
 - outline of content of class sessions
 - support and resource suggestions
- 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