



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: 'You'll Soon Grow Into Them, Titch' by Pat Hutchins, 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: 'The Cabbage Patch Fib' by Paul Jennings, introducing the question 'Where do babies come from?'
- 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 – 'The Blue Day Book for Kids' by Bradley Trevor Greive 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.