

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 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 parents -
 - a letter outlining content of class sessions
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- 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 information letter (available from Open Doors).

Equipment set up for Parent Information night -

Please have the following equipment set up and ready - data projector, 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, white board and pens.

Presenter will bring own laptop (Windows) or can use school laptop if preferred. Please ensure there is a staff member present who is competent with the school equipment.

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 -

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