



Monday 16th September 2024

Interrelate Personal Development Program

Dear Parents and Carers,

Kingswood South Public School is running the Family Evening programs for interrelate. Interrelate is a not-for-profit provider of relationship services that specialises in supporting parents and children.

Their highly trained and skilled educators deliver a range of school programs that assist children and parents each year to communicate with each other fundamental emotional and social development issues. Their objective is to ensure young people know the range of possible consequences of relations and assist in help-seeking behaviour. Research shows that if young people are given accurate and reliable information, they are more able to make good choices.

We are offering two programs here at school on Tuesday 5th November 2024

Program 1: Where did I come from?

Time: 6:00 pm

Audience: Years 3 & 4 students and their parents/ carers

Objectives

- To help children aged 8-10 years gain an understanding of the structure and functions of the reproductive system in males and females.
- To provide information on conception (describing sexual intercourse, associated with love in the context of a caring relationship), foetal development and birth of a baby.
- To provide opportunities for parents and children to discuss various aspects of reproduction in an informal way.
- To reinforce the role of parents as a source of information on matters pertaining to sexuality and reproduction.

Program 2: Preparing for Puberty

Time: 7:15 pm

Audience: Years 5 & 6 students and their parents/carers. Years 3 & 4 at parent/carer discretion

Objectives

- To provide information on puberty for 10–13-year-olds, in relation to the physical changes and emotional changes (in particular, helping them feel comfortable about their bodies and its functions, preparing them for the changes during puberty and dispelling the myths and providing accurate, understandable information).
- To help young people feel okay about being different. Everyone develops at a different rate, especially during puberty.
- To confirm their individuality and promote self-esteem.
- To facilitate communication between parents and their children and encourage young people to take their questions, problems and concerns to their parents.

The cost per family is \$42.00 to attend one or both sessions.

Regards

Miss S Martin
Principal

Ms P Quinlan
Assistant Principal

overview & session outline

Session 1: Where did I come from? (Years 3 & 4)

Objectives

- To help children aged 8-10 years gain an understanding of the structure and functions of the reproductive system in males and females.
- To provide information on conception (describing sexual intercourse, associated with love in the context of a caring relationship), foetal development and birth of a baby.
- To provide opportunities for parents and children to discuss various aspects of reproduction in an informal way.
- To reinforce the role of parents as a source of information on matters pertaining to sexuality and reproduction.

Content

- Introduction
- Family structure and family relationships
- Male/female babies – which is which?
- Protective behaviours / Consent
- Male/female reproductive systems
- Sexual intercourse & conception including assisted
- Foetal development
- Twin explanation
- Birth
- Conclusion

Session 2: Preparing for Puberty (Years 5 & 6) (Years 3 & 4 at parent's/guardian's discretion)

Objectives

- To provide information on puberty for 10-13 year olds, in relation to the physical changes and emotional changes (in particular, helping them feel comfortable about their bodies and its functions; preparing them for the changes during puberty and dispelling the myths and providing accurate, understandable information).
- To help young people feel okay about being different. Everyone develops at a different rate, especially during puberty.
- To confirm their individuality and promote self-esteem.
- To facilitate communication between parents and their children and encourage young people to take their questions, problems and concerns to their parents.

Content

- Introduction
- Revision of Session 1 / Consent
- How, why and when of puberty
- Physical and emotional changes to both boys and girls
- Changes to boys only
- Changes to girls only
- Why are these changes happening?
- Conclusion