



SEA's health and human development programs offer students an opportunity to gain age-appropriate information about puberty, personal safety, anatomy and reproduction. Our focus is on young people getting accurate information that will help keep them safe and healthy physically, socially and emotionally. We are inclusive and respectful of the wide-ranging values and beliefs that families have. Our sessions are interactive, fun and we use a variety of resources in the classroom including worksheets, discussions, videos and games. Our programs are based on the Victorian Curriculum and our teachers are qualified and specially trained. Here's what some of our students have said about our programs:

'I have enjoyed these classes I've learnt so many new things. I thought it might be embarrassing but it's really interesting and important'

'I like SEA because they speak so calmly about the topic, explain how things work very well and the games are fun.'

Year 5-6 Living & Growing Program

3 x 90 min sessions

Week 1 'Conception to Childbirth'

- learn female and male reproductive anatomy
- conception, pregnancy and birth explained

Week 2 'Introducing Puberty'

- puberty — what it is and why we go through it
- the physical, social and emotional changes of puberty

Program dates for GLEN IRIS PS:

Friday 19 October
Friday 26 October
Friday 2 November

'A thing I liked about health ed is that nothing is awkward or weird and we get great answers back to all our questions.'

Week 3 'Managing Puberty'

- how to manage puberty
- empathy and respect for the range of feelings and opinions about puberty changes
- managing friendships and family relationships
- responsible use of technology
- identify trusted adults students can go to for support

Parent and carer information evening:

Parents and carers are invited to come along and find out more about the program:

Date: WEDNESDAY 10 OCTOBER 2018
6.30-7.30PM