



PUBERTY WORKSHOPS YEARS 3-4

SHFPACT Puberty Workshops are age and stage appropriate and informed by the Health and Physical Education subject area of the Australian Curriculum.

Our educators utilise a variety of educational experiences to engage students and assist them to explore the physical, social/relationship and emotional changes that occur during adolescence, as well as various strategies to better understand and manage these changes.



STUDENT WORKSHOPS

Each student workshop runs for 3hrs not including breaks. Student workshops cost \$25 per student (or a discounted rate of \$45 per student if both workshops are booked together for the same year group).

The Physical Changes of Puberty

- Main physical changes of puberty including periods
- Most common first signs of puberty
- Introduction to reproductive systems
- How babies are made and develop during pregnancy

Stereotypes, Friendship and Consent

- Impact of stereotypes (particularly gender)
- Protective behaviours and consent
- Qualities of respectful friendships



PARENT INFORMATION EVENING

The parent session run for 90 minutes and costs \$390 per session.

- Information on the content of our student workshops
- Tips on engaging with young people
- Emerging issues including consent, technology and social media

