



# PUBERTY WORKSHOPS YEARS 5-6

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

- Physical changes of puberty and how to manage them
- Menstruation – what to expect and when to seek help
- How reproductive systems work and change during puberty
- Frequent changes to feelings and relationships

### Consent and Respectful Relationships

- Appropriate and inappropriate types of touch
- Personal boundaries and consent
- Emotional responses and communication strategies
- Qualities of respectful romantic relationships

## 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

