



# 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