



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

