Family Life Program
Grade 3-4 Evening

Our Grade 3-4 evening program runs for approximately 1 hour and 15 minutes. The program begins by talking about families and some different family structures. We then talk about how babies begin, grow and develop. This includes a brief description of sexual intercourse. An important part of our program is a discussion on children’s safety and how it’s not okay for someone to look at or touch their private parts. At the end of the program an optional session on puberty is held. This session very briefly points out some of the main changes which puberty brings and reassures children that everything is normal. Please be assured that all of the information discussed is delivered in an age appropriate manner.

NB: The order of content delivery may vary depending on individual situations.

Content:

- The importance of families (e.g. someone to love and care about you)
- Different types of families (single parent, step, adoptive etc)
- Ways we show love in families (being good, kiss, hug etc)
- What we love about each other
- How babies begin and grow: egg, sperm, fertilisation, uterus/womb, amniotic fluid, placenta, umbilical cord, birth etc.
- Twins
- Difference between girls and boys (penis/vagina)
- Keeping safe
- Baby needs (to be fed, to be put to sleep etc)
- Puberty: growth spurt, menstruation, wet dreams, hair growth, mood swings, pimples, etc

To facilitate the delivery of the above information, a PowerPoint presentation is shown throughout the evening. Also a DVD called ‘A New Baby’ is shown. The DVD follows a family as they prepare for the birth of a new baby right through until the baby is born. In addition to this there are foetal models and anatomically correct newborn dolls available which the children can view. Leaflets with information about sexual development in children, how to talk to your children about sexuality and puberty booklets are also provided.

If you have any questions or concerns of would like any additional information please do not hesitate to contact the Family Life Co-ordinator:

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