Our Grade 5-6 evening program runs for approximately 1 hour and 30 minutes. This program has two main sections. The first section is mostly focused on families and how babies begin, grow and develop. This includes a brief description of sexual intercourse. The second section of the evening is aimed more at educating and reassuring children about puberty and the changes which it brings. Also included in our program is a discussion about personal safety. 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)
- 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
- Stages of life
- Puberty - what it is
- Pubertal changes - both physical and emotional (e.g. growth spurts, hair growth, pimples, mood swings, wet dreams, periods etc)
- Concept of responsibility with regard to having children

To facilitate the delivery of the above information, a PowerPoint presentation is shown throughout the evening. Also a DVD about puberty, called ‘I’m Stepping Out’ is shown. 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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