

Circle Of Life Our blessed journey

Companions on a journey

'Circle of Life' endeavours to respond to individuals, families and the community by providing information founded on Christian Principles centred on growth and development, with respect to our human dignity as people reaching their full potential in our world today. In the upper school students are invited to reflect on content to assist them to navigate the oversexualised world they live in and make informed positive decisions about sexual integrity.

With mindfulness that parents/carers are the first educators of their children in the area of sex and sexuality, 'Circle of Life' aides to stimulate further positive discussion with a community. The program is geared to accommodate the school aged child, adolescent and young adult facing the personal challenges of growing, changing and making choices in today's world with an emphasis on such family values as loving, caring, helping, sharing and belonging. The program enhances the person emerging from the family background, towards the understanding of his/her unique human sexuality.

The program spirals upwards recapping at each grade level before extending the students' knowledge to an appropriate age/stage in-line with their readiness to digest further content. Our sexuality is part of the human condition therefore, by talking often the developing child is able to make informed and educated decisions with the right information which will help contribute to developing positive attitudes about who we are as we endeavour to live a healthy lifestyle. By talking in a positive sacred way about our sexuality children are given valuable life skills for navigating through an over sexualised culture. When families are prompted to speak openly this can make a positive difference to a child's sexual health. 'Circle of Life' assists the developing child to identify trusted people in their lives that safe guard human dignity and fully respects the developing child. Therefore the Protective Behaviours component helps to identify with students safe behaviours/persons in their lives.

Aim

- To encourage the development of positive attitudes towards growth and development of sexuality in children, adolescents and young adults.
- To facilitate communication within families
- To provide accurate and up to date information in a sensitive way and within a family context
- To provide teachers and parents with support in the area of sex education
- To impart positive information on the growth and development of the individual and the responsibilities inherent in relationships

Objectives

- To provide quality educational sessions on the subjects of sex, sexuality, healthy choices/wellbeing, how a family begins and the importance of families, children and their parents/carers
- To use the relevant resources and information regarding sex education/personal development
- To be flexible in our program delivery in order to ensure that all schools/community groups have a program meeting their requirements

Educator

I Monique Hall have been teaching for over twenty years in the Catholic, public, and private sector. Initial teaching training at the Australian Catholic University ACT and have completed further studies at the University of Tasmania and other professional organisations.

I have continued my professional development in the area of sexual development and health through CatholicCare, Steiner Education Australia, Headspace etc. I have worked for a number of years with CatholicCare presenting 'Family Life' and sexual health/development programs in schools until the closure of the program at the conclusion of 2016. Prior to this, I have conducted many sessions within schools about Health and Wellbeing. I continue to work in schools assisting with personal care programs and 'Family Life' as 'Circle of Life'.

As a qualified Beauty Therapist, it has always been in my interest to deliver programs to students with an emphasis on the beauty of the developing child and living a life of respect, responsibility and reverence in regard to our human dignity.

I have four children ranging in age from early years, primary and upper school age groups.

Brief Overview

Kinder/Prep

- Importance of families - every family is unique and special and we share in common; loving, caring, helping and sharing. A family is a special place where we experience a sense of belonging.
- Ways to show love
- Story "What Love Looks Like", "Happy Birthday"
- Our unique self
- Baby needs (emotional and physical)
- Where babies grow
- Difference between a boy and a girl
- Keeping safe
- How to hold a baby
- Terms to Explain – Womb/uterus, Penis, vagina

Grade 1 / 2

- Importance of families - every family is unique and special and we share in common; loving, caring, helping and sharing. A family is a special place where we experience a sense of belonging.
- Every human baby began life as an egg (from the female body) and joined with a sperm/seed (from the male body). When the egg meets with a sperm the egg is fertilised and begins to grow into a baby. From the start our families might look different to each others but every human baby starts the same way with a tiny egg from a woman and a small seed called a sperm from a man.
- NOTE Intercourse is not explained at this level
- Womb /uterus
- Umbilical cord
- Placenta
- Amniotic sac
- Birth – vaginal/caesaren
- What happens to the umbilical cord
- Twins
- Our unique self
- Story “Happy birthday”, Short DVD “A Family Life”
- Difference between a boy and a girl
- Private parts of our body, personal saftey, good and bad secrets
- Baby needs

Grade 3 / 4

- Importance of families - every family is unique and special and we share in common; loving, caring, helping and sharing. A family is a special place where we experience a sense of belonging.
- Every human baby began life as an egg (from the female body) and joined with a sperm/seed (from the male body). When the egg meets with a sperm the egg is fertilised and begins to grow into a baby. From the start our families might look different to each others but every human baby starts the same way with a tiny egg from a woman and a small seed called a sperm from a man.
- Explanation of intercourse (optional and school dependent)
- Womb /uterus
- Umbilical cord
- Placenta
- Amniotic sac
- Birth – vaginal/caesaren
- What happens to the umbilical cord
- Twins
- DVD “A New Baby”, Story “Angel in the waters”
- Difference between a boy and a girl
- Private parts of our body, personal saftey, good and bad secrets (or to tell or not to tell)
- Baby needs

- Puberty - which briefly covers; pimples, hair growth, mood swings, breast development, muscles development, menstruation, wet dreams, body odours. These topics will be covered with sensitivity and a mindfulness of students age and stage. Followed by a brief session about personal care and hygiene

*Our family is a circle of love and strength
With every birth and every union the circle grows
Every joy shared adds more love
Every crisis faced together makes the circle stronger*