

Permission Flyer

To Parents / Guardians,

Interrelate, in conjunction with your school, is offering a course for students in Year 5 to prepare them for puberty. 'Moving into the Teen Years' explores a range of adolescent issues and offers a comprehensive sexuality and relationship education program designed specifically for this important time in life.

Please complete the form below and return it to your school with the enrolment fee, prior to the commencement date.

The Program

Three 90-minute sessions conducted during school hours

- A wide variety of creative activities and teaching methods are used during the 'Moving into the Teen Years' program. These include: a take home workbook to encourage parental involvement; detailed visual presentations; class discussions; written and verbal questions; games and other activities.
- At an age when talking about sex with adults can be embarrassing, Interrelate ensures it is not only informative but also an enjoyable learning experience.

Session 1: It's all about Me

Session 2: My Changing Body

Session 3: My Changing Relationships

Program Focus

- Acknowledge personal differences and promote respect for, and acceptance of, others
- Increase awareness of personal safety and protective behaviours
- Develop students' understanding of physical development at puberty, and provide strategies for managing these changes
- Discuss different types of relationships and strategies for managing conflict

Please note: The cost of the course is inclusive of all sessions. If a session is missed through absence, illness or extra-curricular activity, unfortunately we are unable to refund the full or partial cost of the program.

Student cost: \$40.00 per student

At: Hornsby North Public School **On:** 09-Sep-2020, 16-Sep-2020, 23-Sep-2020

Please complete and return to your school with cash/cheque payment in an envelope
(please make cheques payable to the school)

I wish to enrol my child/children _____ Class _____
in Interrelate's 'Year 5 Moving into the Teen Years' program.

Enclosed is my payment of \$40.00 (cash/cheque) _____

I have paid online. Receipt number: _____

Signed _____ Date _____

Parent / Guardian