

## Permission Flyer

### To Parents / Guardians,

Interrelate, in conjunction with your school, is offering a course for students in Year 6 to prepare them for High School. '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: Understanding My Body

### Session 2: Respectful Relationships

### Session 3: Taking Charge

### Program Focus

- Revisit development at puberty
- Outline the process of human reproduction, including conception, foetal development and birth
- Explore respectful relationships with self, friends and family
- Enhance students' self-esteem, communication and decision-making skills in relation to taking responsibility, taking care of themselves and respecting others
- Assist students to become aware of the influences on their personal choices and the potential consequences of those choices
- Raise awareness of technology and its influence on teens, including strategies for cybersafety
- Discuss expectations in high school

**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:** 13-Oct-2020, 20-Oct-2020, 27-Oct-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 6 Moving into the Teen Years**' program. Enclosed is my payment of \$ \_\_\_\_\_

**I have paid online. Receipt number:** \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

*Parent / Guardian*