MINDING ME

To parents/guardians

Interrelate Family Centres, in conjunction with your school, is offering a course for students in Year 5. This fun and informative program emphasises the value of good communication within families and relationships as a tool for better understanding each other and reducing conflict. Includes a basic understanding of the student’s own sexuality with a focus on puberty and self care.

Should you wish your child to enrol in this program please complete the form below and return it to your school with the enrolment fee prior to the commencement date.

The Program

Two sessions of 60-90 minutes conducted during school hours

SESSION 1 PREPARING FOR CHANGE
Introduces:
- the concept of physical and emotional changes
- coping with change in personal relationships
- developing good communication skills
- the meaning of friendship
- dealing with conflict

SESSION 2 UNDERSTANDING MY BODY
Includes: basic information about the physical changes which occur at puberty and strategies for personal safety and self protection

Questions are encouraged and appropriately addressed as an integral part of this program.

...and your assurance of quality

Fully trained and experienced educators from Interrelate, who adhere to a strict code of ethics, conduct the program. As an organisation, Interrelate has more than 80 years of experience in this field and has a reputation for providing excellence in sexuality education.

Today over 40,000 students and family members participate in Interrelate school and family programs each year.

Interrelate is committed to protecting the privacy of clients (compliant with the Privacy Act 1998) and maintains an on-going commitment to quality service delivery.

Sessions may be recorded for purposes of quality control.

Please note: The cost of the course is inclusive of all sessions. If a session is missed through absence, illness, teacher strike or extra curricular activity, unfortunately we’re unable to refund the full cost of admission.

interrelate SCHOOL SERVICES presents MINDING ME

COST: $14.00 per student (GST not included)

at: ............ Tennyson Public School ............

on: ............ Wednesday, 7th & 14th September, 2011 ............

Please complete and return to your school, with payment in an envelope, (please make cheques payable to school)

I wish to enrol my child/children ............ in Interrelate’s Yr 5 Minding Me program commencing ............

Enclosed is my payment in the amount of $ ............

Signed: ........................................ Parent/Guardian

Date: ........................................

interrelate has been strengthening family relationships...since 1926
MOVING INTO THE TEEN YEARS

To parents/guardians

Interrelate Family Centres, in conjunction with your school, is offering a course for students in Year 6 to prepare them for high school. This specialised program “Moving into the Teen Years” explores a range of adolescent issues in greater depth and explains the puberty changes, offering a comprehensive sexuality program designed specifically for this important time in life.

Should you wish your child to enrol in this program please complete the form below and return it to your school with the enrolment fee prior to the commencement date.

The Program

Four sessions of 60-90 minutes conducted during school hours

Session 1 Who Am I?
Explores the uniqueness of the individual, highlighting personal strengths and enhancing self concept. Physical differences between males and females are discussed.

Session 2 Look I’m Changing.
Deals comprehensively with the physical and emotional changes which occur at puberty.

Session 3 What’s it all about?
Covers reproduction, conception, fertilisation and foetal development in detail. Emphasis is given to developing coping skills and dealing with dilemmas faced in adolescence.

Session 4 I’m in charge.
Looks at birth, the role of parents and student’s responsibilities in relationships.

Areas such as peer pressure, sexually transmitted diseases, relationships with family and friends and where to seek support, are also covered.

Questions are encouraged and appropriately addressed as an integral part of this program.

...and your assurance of quality

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Sessions may be recorded for purposes of quality control

Please note: The cost of the course is inclusive of all sessions. If a session is missed through absence, illness, teacher strike or extra curricular activity, unfortunately we’re unable to refund the full cost of admission.

interrelate presents MOVING INTO THE TEEN YEARS

COST: $28.00 per student (GST not included)

Teven Tintenbar Public School

Wednesday 7th & 14th September 2011

Please complete and return to your school, with payment in an envelope, (please make cheques payable to school)

I wish to enrol my child/ren

in Interrelate’s Yr 6 MITY program commencing

Enclosed is my payment in the amount of $

Signed: ________________________________ Date: ________________________________

Parent/Guardian

interrelate has been strengthening family relationships...since 1926