



# Welcome to Puberty



Life Ed NSW/ACT will be presenting Talk About It, an innovative program focusing on relationships and sexual health education at your school \_\_\_\_\_  
from \_\_\_\_\_ to \_\_\_\_\_

## Who is Life Ed NSW/ACT?

Life Ed has delivered trusted, evidence-based health education since 1979, empowering over 700,000 students annually. Our programs evolve with community needs and align with key curricula for comprehensive learning.



## What will my child be learning?

All Talk About It session content is aligned with the Health and Physical Education Australian Curriculum.

The age-appropriate content is delivered in the classroom with school teacher/s present. Your school has chosen Welcome to Puberty. Session information is detailed below.

## Welcome to Puberty

Year 5 and 6

- Define puberty as an important stage of human development
- Identify the male and female reproductive systems
- Identify the physical, social and emotional changes that occur during puberty
- Investigate sources of help for coping with puberty changes
- Explore physiological responses to feeling unsafe and identify personal rights
- Identify strategies and sources of help to respond to unsafe situations
- Menstrual product demonstration

### Welcome to Puberty



## Why do we need to teach this?

"Puberty can start as young as 8 years of age for some children. It is a time of big changes and we can help children cope with puberty by giving them facts, reassurance and support. Young people need to feel OK about their changing bodies during puberty and having the facts provides that support. Children need to know it is an important and exciting stage of life." Raising Children Network



## Helpful resource list

**Raising Children Network**  
Australian Parenting Website

**True Relationships and Reproductive Health**  
Providing healthy education for improved health and wellbeing for families and communities

**Better Health Channel**  
Information for parents on healthy living, positive relationships and child safety

**Triple P Parenting**  
Proven, positive parenting strategies to help every family



## What parents say

"He has been asking a lot more questions about life and bodies, being healthy, respecting each other and other topics which is amazing because Life Education has helped him where perhaps we as parents might not have brought up that topic."

"Erin has been more open about discussing the changes that will happen as she is getting into her teenager years. Erin has also learnt that this is all normal and all her friends and peers are going through the same thing and she is not alone at all."