

WONDER OF LIVING FAMILY ENRICHMENT PROGRAM

ESSENTIAL BOOKING INFORMATION – please read carefully

COSTS (2025) – Choice of In Person delivery at school or On-line delivery to families at home

- **Parent/Carer Only Info Session** – In Person at school \$650 - On-line delivery \$600
- **Parent/Carer/Child Session** – In Person at school \$600 - On-line delivery \$550
- **Student Only in class Puberty Sessions** - \$600

DISCOUNT OFFERS

- Second Parent/Carer/Child session held on the same night discounted by \$25 (In Person sessions only).
- Purchase *Wonder of Living* series (3-part video series plus Teacher's Guide – created 2019) and receive \$40 discount off the first presentation held in same calendar year as purchase. Teacher's Guide contains completely prepared units of work for follow-up on all themes and topics raised in the series. The *Wonder of Living* video series has been reviewed by MACS and has alignment with Catholic teachings.

REGIONAL SCHOOLS – time/travel surcharges for In Person delivery

- For one session, a time/travel surcharge of \$250 applies on top of the session fee.
- For two sessions on the one night, no travel/time surcharge applies. No discounts apply to the second session.

SESSION NUMBERS (FOR IN PERSON DELIVERY AT THE SCHOOL)

- **Parent/Carer Only session** - no restriction on numbers.
- **Parent/Carer/Child session** - we prefer to work with a maximum of 50 families per session. This ensures efficient running of the session and a better experience for participants. Where more than 50 families are likely to attend a session it is possible to split the group and offer two sessions on the one evening, commencing around 6pm, and with a 15-minute change-over break in between.
- **Please note that if session numbers exceed the maximum limit, an extra charge to cover the cost of extra handout materials may apply.**
- **FOR ON-LINE DELIVERY THERE IS NO RESTRICTION ON NUMBERS PER GROUP**

SESSION INFORMATION

Parent/Carer Only Information Sessions (*Recommended*) are designed to give parents/carers the opportunity to preview material, ask questions and consider the importance of their role in this aspect of their child's healthy development. Even parents/carers who do not intend to bring their child to the Parent/Carer/Child nights are encouraged to attend for their own education and encouragement.

Parent/Carer/Child Sessions in brief (*full description of sessions given at the end of this document*)

- Session A (1 hour; development and birth of baby; for Years 3-6)
(a modified version of Session A is available for Prep-2: 45 mins. Development of baby.)
- Session B (1 hour; includes how a baby begins; for Years 5/6)
- Session C (75 mins; puberty; for Years 5/6)
- Session D (75 mins; puberty info plus how a baby begins; for Years 5/6)

Note – Parent/Carer/Child sessions are based on the *Wonder of Living* video series and designed to deliver information sequentially from years 3 - 6. The series has been reviewed by MACS and has alignment with Catholic teachings.

- If the school has not undertaken any human growth and development education for some time, older year levels may be invited to attend the earlier sessions so as to cover foundational information about babies, birth, the human body, sexual intercourse, etc, prior to attending a puberty session.

- When offering a combined Yr 5/6 puberty session, *we recommend* schools offer this yearly rather than every second year so that Yr 5 parents/carers can decide on their child's readiness.

- All sessions contain an element of resilience skill building to cope with ups and downs in life.

- A Sample Parent/Carer Letter will be provided for you to adapt when ready to advise parents/carers.

ON-LINE SESSIONS

A Zoom link and activity sheets used during the session will be provided for you to forward to the families for each session. Follow up Puberty Information pamphlets for students will be posted to school for distribution following Session C or D.

BOOKING OPTIONS

Parent/Carer Only information session - can be held earlier in the year to free up the calendar.

Parent/Carer/Child sessions can be offered in various ways across the year, depending on your needs. As part of your decision-making, you may need to consider readiness of each year level cohort, continuity of information you want to provide, previous learning and when/how that was delivered, parent/carers expectations and preferences.

Here are some examples with suggested times -

EXAMPLE - 3 x Parent/Carer/Child sessions held over 3 evenings across the year -

Evening 1	7 – 8 pm	Session A open to years 3 - 6
Evening 2	7 – 8 pm	Session B open to years 5 - 6
Evening 3	7- 8.15 pm	Session C open to years 5 - 6

EXAMPLE - 2 x Parent/Carer/Child sessions held on 1 evening -

Evening 1	6 – 7pm 7.15 – 8.30pm	Session A for year 3/4 / <i>15 minute crossover break</i> Session D for Years 5 – 6
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FEEL FREE TO CONTACT US AND DISCUSS YOUR NEEDS.

SET UP AND EQUIPMENT FOR IN PERSON DELIVERY AT SCHOOL - please allocate a staff member to ensure:

- chairs set up so families are sitting together
- pencils for each family for activity sheets
- table at front for presenter (preferably not too low)
- side table for resources and handouts
- data projector etc with audio, plus staff member present who is competent with the school equipment
- presenter will bring own laptop (Windows) or can use school set-up if preferable (2 USB ports required)
- presenter will arrive approximately 20 minutes beforehand to set up

PARENT/CARER/CHILD SESSION OUTLINES IN FULL

SESSION A – using video A NEW BABY (*how a baby grows and is born; suitable for Years 3 – 6; duration 60 mins*)

- Introduction and Icebreaker activity
- Story: 'Little Things', introducing concepts of growth and change.
- Watch video. Content - development and birth of a baby, using animation and real foetal footage, told as a family story. The explanation of how a baby begins (sexual intercourse) is **not** given.
- Activity – parents/carers & children complete a worksheet to help remember facts given in the video.
- Guided conversations between parent/carer & child about -
 - How we are special to each other
 - Memories of when the child was born
 - Parent's/Carer's own early memories
 - How parents/carers & other support people can help us when we have a problem or need correct information
- Other messages – the importance of family, different kinds of families, loving and caring for others
- Concluding remarks and encouragement for parents to continue the conversations at home.

SESSION B – using video AND NOW THERE'S ME (*the amazing human body including the reproductive system and how a baby begins; suitable for Years 5 – 6; duration 60 mins*)

- Introduction and Icebreaker activity
- Story: 'I Wonder' introducing the question 'How did I begin?'
- Watch video. Content - amazing human body, body systems including reproductive system, explanation of sexual intercourse and how a baby begins (given in the context of married love and including preliminary information about the menstrual cycle as it relates to conception). Other messages – the importance of family, different kinds of families, re-thinking screen time, talking to trusted grownups.
- Activity – parents/carers & children complete a worksheet to help remember facts about conception.
- Guided conversations between parent/carer & child about -
 - How we are special to each other
 - How parents/carers & other support people can help us when we have a problem or need correct information
 - ways to problem solve when you are feeling down
- Other messages – understanding up and down feelings, making safe and healthy choices
- Concluding remarks and encouragement for parents to continue the conversations at home.

SESSION C – using video I'M STEPPING OUT (*puberty; suitable for Years 5/6; duration 75 mins*)

- Introduction and Icebreaker activity
- Introduction to adolescence and puberty: a time of physical and emotional change
- Watch video. Content – puberty facts for boys and girls, emotional ups and downs. Other messages - handling change and uncertainty, talking to a trusted grownup when you need support or information, identifying social media pressure (body perfection, selfie culture, viewing and sharing internet pornography) and acting in ways that are safe.
- Activity – parents/carers & children complete worksheet about puberty facts given in the video.
- Story – 'Sometimes' leading into discussion about emotional ups and downs, body signals when we are down and how to manage down times, support networks.
- Guided conversations between parent/carer & child about -
 - what makes us special to each other
 - managing media messages
 - practicing safe decision-making when under pressure or feeling anxious, unsure or unsafe (cyber safety scenario)
- Other messages – the importance of family, different types of families.

- Concluding remarks and encouragement for parents to continue the conversations at home.
- Take home: Puberty Information pamphlet for students.

SESSION D – ‘Puberty Plus’ (*combination of Sessions C and B: puberty plus how a baby begins; suitable for Years 5/6; duration 75 mins*)

- Introduction and Icebreaker activity
- Introduction to puberty: a time of physical & emotional change; a time of questioning & sometimes worry.
- Watch video 3. Content – puberty facts for boys and girls, emotional ups and downs. Other messages - handling change and uncertainty, talking to a trusted grownup when you need support or information, identifying social media pressure (body perfection, selfie culture, viewing and sharing internet pornography) and acting in ways that are safe.
- Activity – parents/carers & children complete worksheet about puberty facts given in the video.
- Introduce and watch section from video 2. Content - body systems including reproductive system, explanation of sexual intercourse and how a baby begins (given in the context of married love and including preliminary information about the menstrual cycle as it relates to conception).
- Activity – parents/carers and children complete a worksheet to help remember facts about conception.
- Emotional aspects of growing up – recognizing body signals when we are down, how to manage down times.
- Other messages – the importance of family, different types of families, support networks.
- Guided conversations between parent/carer and child about -
 - How we are special to each other
 - Managing media messages
 - How parents/carers and other support people can help us when we have a problem or need correct information
 - practicing safe decision-making when under pressure or feeling anxious, unsure or unsafe (cyber safety scenario)
- Concluding remarks and encouragement for parents to continue the conversations at home.
- Take home: Puberty Information pamphlet for students.

OTHER OPTION: IN-CLASS STUDENT ONLY PUBERTY SESSIONS FOR YEARS 5/6

- 2 sessions each 1 hr. 30 mins in length, minimum one week apart
- For single or mixed sex groups
- max 40 students per group; class teacher to be in attendance
- cost per session - \$600; 4 plus sessions booked concurrently – \$575 per session
- can be preceded by a Parent Only Info Night so parents can preview material & ask questions
- Option: a single in-class Student Only Q and A session can follow a Parent/Child puberty night.

CONTENT COVERED IN 2 x STUDENT ONLY SESSIONS –

- different stages in life from conception to old age
- body changes for boys & girls at puberty, incl. menstrual cycle, sperm production/wet dreams
- Individual differences in looks & development - we are each special & unique
- challenging body image stereotypes
- Problem Solving & Support Networks - handling challenging situations; identifying unsafe media messages (body perfection, selfie culture, internet pornography) & acting in ways that are safe & respectful
- Handouts – info leaflet on male & female body changes
- Q & A sheets: ‘Can you tell me please?’ for students to complete after session 1. Teacher to collate and email students’ questions to presenter prior to session 2, and to circulate to parents.
- Note: final 20 minutes of Session 2 is reserved for girls only to ask questions specific to menstruation.