



Puberty Family Program: Growing and Changing

Cath McCallig from Sex Ed 4 Schools invites primary school families to an engaging online information session.

Cath is an experienced primary teacher, former Family Life Victoria sexuality educator, and mother of four. She strongly supports families guiding young people through puberty together.

Session Overview

What: A 1-hour interactive online workshop about puberty.

Who: Designed for students and their trusted parents/carers

Format: Hosted live online via Zoom.

At least one adult parent or carer must attend and stay to support their child throughout the session.

What We Cover

The Basics of Puberty: The who, what, when, how, and why (including the pituitary gland and hormones).

Anatomy: A quick, positive recap of correct anatomical body parts.

Changes & Management: Discussion around common physical, social, and emotional shifts, plus practical management strategies.

Body-Specific Changes: Targeted guidance on topics like periods and wet dreams, with dedicated time for family discussions.

Booking and Cost

Cost: \$25 per family.

Minimum Requirement: A minimum of 10 families must book for the session to run.

How to Book: Secure your spot via the TryBooking link here:

<https://www.trybooking.com/DQABG>

Important: Your Zoom link to join us on the evening will arrive directly in your **TryBooking Confirmation** email after purchase.

Any queries, please contact Cath here:
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