

BODYWORKS

HEALTH & WELLBEING

EMPOWERING KIDS TO LIVE A HAPPY, HEALTHY LIFE!

ALL ABOUT ME

Who am I?	Amanda Parsons General Manager and Founder, Bodyworks Health and Wellbeing, Est. 2015
What are my qualifications?	Bachelor of Education - Physical Education, Health and Mathematics Graduate Diploma Sport Business
What is my experience?	Head of Physical Education and Health, Goulburn Valley Grammar School Head of Physical Education and Health, Lauriston Girls' School Health and Physical Education teacher, Loreto Mandeville Hall Textbook reviewer and VCE Examiner - Physical Education Unit 3 & 4 Senior Sales and Marketing Executive - Merck, Sharp and Dohme Embrace Kids Community Heroes Ambassador
I am also …	Mother of three children aged 20, 22 and 24

Bodyworks Personal Growth and Development Program guidelines….

- Clear guidelines are established to ensure students feel comfortable participating in discussions within a safe, respectful learning environment.
- Students are encouraged to identify trusted adults in their lives they feel comfortable discussing matters relating to their bodies, development, wellbeing and safety.
- A ‘Question Box’ is established for students to ask questions anonymously, helping them seek clarification in a safe and private way.
- The class teacher remains with students during all sessions, providing support and reassurance.
- All content, language and resources are carefully selected to be age appropriate and aligned to student’s developmental needs.



How do we teach this important content?

- A sequential curriculum has been developed specifically for the co-educational environment of Our Lady of the Assumption Primary School, in consultation with Richard Jacques, Shelby Turner and the Year 5 and 6 teachers.
- Program reflects the Victorian Health and Physical Education Curriculum and Catholic Education priorities and standards for Year 5 and 6, with consideration given to the values and beliefs of the Our Lady of the Assumption school community.
- Use of a range of teaching resources which include:
- Picture Books – “What makes a baby” and “Mummy laid an egg”.
  - ✓ Reflecting on real life scenarios to help develop positive coping strategies.
  - ✓ Videos including interviews with similar aged students relating to puberty changes and managing periods.
  - ✓ PowerPoint presentations.
  - ✓ A full-sized body torso including all body organs.
  - ✓ Fun games and activities to develop knowledge and confidence.

Bodyworks for Year 5 at Our Lady of the Assumption

Our amazing bodies – Lesson 1 - Part 1

- Identify different body systems, including reproductive anatomy for typically female and male bodies - discussion of function and use of correct anatomical terms.
- What makes a baby? – Discussion of basic conception and the growth of a baby.

Pregnancy, birth and what is Puberty? – Lesson 1 – Part 2

- What are the parts of the body that help a baby to grow?
- Develop an understanding of how babies are born.
- Establish the purpose of puberty changes and how our bodies initiate this process.

How our bodies change as we grow – Lesson 2

- Identify the physical changes of puberty for all bodies and specific to typically female and male bodies.
- Develop an understanding of differences between individuals relating to puberty and changes.
- Discuss the importance of establishing good personal hygiene practices during puberty.
- Identify additional sources of information about puberty and growing up.

Demystifying Periods (Combined Year 5 and 6 additional session)

- Expand discussions relating to why periods occur and examine products and resources for managing periods.
- Consideration of the practicalities of managing periods and the development of positive coping strategies.

Bodyworks for Year 6 at Our Lady of the Assumption

Bodies, babies and birth – Lesson 1 – Part 1

- Establish an understanding of reproductive anatomy – for typically female and male bodies, including function and use of correct anatomical terms.
- Discussion about the conception and growth of a baby.
- Review human growth, including understanding the functions of the uterus and the process of the birth of a baby.
- Discussion of how twins occur, X and Y chromosomes and basic reproductive technology.

Your body and Puberty – Lesson 1 – Part 2

- Understanding of the physical changes of puberty for all bodies and specific to typically female and male bodies.
- Development of strategies for managing the physical changes of puberty – what resources are available to us?
- What are periods and wet dreams, why do they occur and how do we manage them?
- Clarify the myths associated with puberty.

The trials and tribulations of Puberty– Lesson 2

- Discussion of hormones and their various effects during puberty.
- Consideration of social and emotional changes during puberty.
- Development of positive coping strategies to assist when facing challenging situations during puberty and adolescence.
- Identify additional sources of information about puberty and growing up.

What we can do as parents....

- Encourage your child to talk about what they are learning in Bodyworks; connect these discussions to everyday family life. Create space for conversations, rather than avoid them. This helps to build trust and confidence.
- Keep your answers short, simple and honest. It is perfectly okay to laugh with your child or acknowledge if a topic feels awkward.
- Use correct terminology for body parts wherever possible. Using these words confidently and respectfully helps children feel more comfortable talking about their bodies now and in the future.
- Look for natural 'teachable moments' – for example, during everyday routines, car rides or when something relevant is in the media; choose a setting where your child feels at ease.
- Help your child understand that discussions about development and puberty are a normal part of family communication. Frequent conversations, shared openly, supports honest and open communication .
- If you find a topic difficult to explain, use books or a reputable website as a starting point. Explore information together to make conversations easier and more engaging.
- Experts agree that calm, confident and natural conversations about puberty and development help children develop healthy attitudes towards their bodies and support the foundations for respectful relationships later in life.
- Research shows young people from families where parents talk openly about sexual development tend to delay sexual activity until they are older and are less likely to engage in risky behaviours.



Useful resources for families.

BOOKS

For Upper Primary/Lower Secondary

- Puberty Is Gross, but also Really Awesome (2021) by Gina Loveless
- Secret Boys' Business (2006) by Fay Angelo, Heather Pritchard and Rose Stewart
- Secret Girls' Business (2003) by Fay Angelo, Heather Pritchard and Rose Stewart
- More Secret Girls Business (2008) by Fay Angelo, Heather Anderson and Rose Stewart
- The 'S' Word: A boys' guide to sex, puberty and growing up (2008) by James Roy
- The Puberty Book: 6th Edition (2016) by Kelsey Powell and Wendy Darvill
- Puberty Boy (2006) by Geoff Price
- Puberty Girl (2005) by Shushann Movsession
- Girl Stuff for girls aged 8 – 12 (2016) by Kaz Cooke
- Girls Stuff – A full-on guide to the teen years (2007) by Kaz Cooke
- Mummy Laid An Egg (1995) by Babette Cole
- What makes a baby (2012) by Cory Silverberg
- Welcome to your Period (2019) by Yumi Stynes and Dr Melissa Kang
- Welcome to Consent (2021) by Yumi Stynes and Dr Melissa Kang
- A Girl's Guide to Puberty (2021) by Michelle Mitchell
- A Boy's Guide to Puberty (2021) by Michelle Mitchell
- Sex is a funny word (2015) by Cory Silverberg and Fiona Smyth
- Where do babies come from? (2025) by Michelle Mitchell

More useful resources for families.

WEBSITES

Catching on Early

https://www.education.vic.gov.au/Documents/school/teachers/teachingresources/social/physed/catchingoney.pdf

The Better Health Channel	www.betterhealth.vic.gov.au
U by Kotex	www.ubykotex.com.au
Libra girl	www.libragirl.com
Talk Soon, Talk Often	https://www.healthywa.wa.gov.au/Articles/S_T/Talk-soon-Talk-often
Education Victoria – Consent and Sexuality Education	www2.education.vic.gov.au/pal/sexuality-education/resources
Raising Children Network	https://www.raisingchildren.net.au/school-age



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