



St Finbars Sexuality Education: Family Program 2026

Cath McCallig is delighted to bring her specialised Family Program to the St Finbars community. As a former Performing Arts teacher, Theatre in Education presenter, and experienced Sexuality Educator, Cath has a wealth of expertise in running school and family programs. As a mother of four children, all proud ex-students of St Finbars, she deeply respects and fully supports the vital role parents and carers play as the primary educators of their children.

Delivered online via Zoom, this program offers a comfortable, engaging, and informal space for children and their adults to learn and chat together.

Event Details & Schedule

- Date: Wednesday, 14 October 2026
 - Location: Online via Zoom (Link provided in your TryBooking confirmation email)
 - Format: Two 60 minute interactive sessions with a 15 minute break in between.
- Families are welcome to attend one or both sessions depending on what feels most suitable for their child's stage of development.**

Program Overview

Session 1: Families, Bodies and Babies (6:00 PM – 7:00 PM)

- Ideas of what makes a family are shared.
- Similarities and differences in bodies are discussed
- Body parts are named and the term 'private parts' explained as a lead-in to keeping ourselves safe and the concept of consent.
- The Story of Life: An age-appropriate, basic introduction to conception, foetal development, birth. This will include a brief discussion of the the most common form of reproduction, sexual intercourse.

Session 2: Puberty – Growing and Changing (7:15 PM – 8:15 PM)

- The Who ,What, When and Why of Puberty (including the pituitary gland and hormones).
- A quick recap of body parts and their names for those who didn't attend Session 1
- The physical, social and emotional changes of puberty are discussed allowing time for students to talk with their attending adult(s) about management strategies.
- The specific changes according to a person's body parts are explained and again, students have the opportunity to discuss management with their adults.

Registration & Cost

To make this program as accessible as possible, special bundle pricing is available per household:

Single Session: \$20 per family

Both Sessions: \$30 per family

Note: A minimum of 10 families is required for the sessions to proceed.

Register online via TryBooking: <https://www.trybooking.com/DPVND>



Once registered via the above link, the Zoom link to the sessions will be sent to registered families within their Confirmation Email from TryBooking

Questions? Feel free to reach out to Cath directly at cath.mccallig@gmail.com

