



Body Education with Kelly Nash

Dear Parents/Carers

St Augustine's have engaged me to conduct a Body Education Program this term. The Education Department acknowledges that a comprehensive Sexuality Education Program that provides consistent, age appropriate and accurate information that is inclusive and respectful, is a vital part of a student's overall education.

Please see below for a general outline of the content covered for each cohort.

Year 1 and Year 2 do a single session this year and it is a gentle introduction to the subject. In the session we'll discuss how Families have similarities and differences and so do bodies. I'll draw some bodies and label their private parts with anatomically correct terminology. We'll talk about the notion of private parts and what that means and we'll look at appropriate behaviour regarding private parts, then students will identify people they can speak to if ever they felt uncomfortable or unsafe in their bodies.

Year 3/4 students will complete 2 sessions:

- *Same and Different* – similar to the session for the younger students but pitched at a slightly more sophisticated level.
- *Feeling Safe* - we'll go into more detail regarding feeling safe in the second session and identify Early Warning Signs as well as trusted grown-ups to speak to.

Year 5 and 6 students will do 3 sessions:

- *Puberty 1* - The Common Physical changes of Puberty – this session explores the changes that all people experience to a lesser or greater extent during puberty.
- *Puberty 2* - The Social/Emotional and hormone specific changes of Puberty – this session will include sperm production, erections and wet dreams and egg development, periods and managing them.
- *Reproduction* – including conception, foetal development and birth.

My aim is to support (not substitute) families in this important area of education. Your role in this time is important, as I will be asking junior students to tell you about what they did in their Body Ed sessions and the older students will interview you regarding your experience

of teen years, this allows you to be actively involved and if you choose, use the springboard of the program to prompt discussion at home.

I make it a priority to use respectful and inclusive language with the students and the sessions are fun and informal, they involve games and activities as well as discussion and your child is welcome to involve themselves as much or as little as they feel comfortable to do so.

I avoid values based commentary so if any questions arise during the time I'm with your children that are of a values based nature, I will direct those questions back to you. Just giving you the heads up!

I've added a little info from my bio below

Regards,

Kelly

About Kelly Nash:

Kelly trained as a teacher in the 1980's (so it's probably just as well she has decided on Body and Sexuality Education and not Fashion Education!).

After many years working in schools as a teacher and in health promotion, including 3 years with the Royal Women's Hospital health promotion unit and 7 years with Family Life Victoria, Kelly started her own body/sexuality education business. Kelly's aim is to create a relaxed and inclusive environment where her unique and fun facilitation style allows informal, respectful learning for young people so that they may be empowered with knowledge and understanding about their bodies, her greatest hope is that she is able to support the children's families in this important part of their education.

Kelly has WWCC and is offers Family Evenings and School Programs.