



Cath McCallig
Sexuality and Protective Behaviours Educator

Family Programs

Cath McCallig is delighted to offer her Family Program to St Finbar's. Cath has worked in schools as a Performing Arts teacher, as a Theatre in Education presenter for many years, and as a Sexuality and Protective Behaviours Educator with Family Life Victoria. Cath has branched out on her own and is offering both Family Evenings and School Programs. With four children of her own, Cath understands and fully supports the role families have in the sexuality education of their children.

Below is a quick run down of what is covered over the 2 sessions of the Family Program. These sessions are attended by children and their adult(s) and are an opportunity to discuss the topics listed. The sessions are designed to be fun and informal. Families can choose to attend one or both sessions. Each session runs for an hour with a 15 minute break in between.

Session 1

Families, Bodies and Babies

- Ideas of what makes a family are shared.
- Similarities and differences in male and female bodies are discussed
- Body parts are named and the term 'private parts' explained as a lead-in to keeping ourselves safe.
- Conception, foetal development and birth are discussed. This will include a brief and basic explanation of sexual intercourse and assisted reproduction.

Session 2

Puberty: Growing and Changing

- 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 gender specific changes are explained and again, students have the opportunity to discuss management with their adults.

Cost: \$15 per family for one session, \$20 per family for 2 sessions.
A minimum of 10 families is required for the sessions to proceed.

St Finbar's Family Program will be held on Wednesday August 4th

Session 1: Families, Bodies and Babies 6-7pm

Session 2: Puberty: Growing and Changing 7:15 - 8:15pm

Please use link below to register:

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

Any questions or queries please forward to cath.mccallig@gmail.com