

# PARENT/ CAREGIVER EDUCATION

## CLASSES 5 - 8

6:30pm Tuesday April 2nd

### Social Understanding and Healthy Relationships with Self and Others

Melanie Deefholts looks forward to meeting students in Classes 5 to 8, bringing age appropriate content to help deepen the young person's healthy relationship to themselves and encourage greater understanding, mutual respect and compassion for the other members of their class and the school community. In Classes 5 & 6 the conversation focus is on taking up care for one's body as it grows towards adolescence alongside the emergence of feelings of loneliness, longing and fear of being rejected. In Class 7 & 8 these feelings are intensifying and the themes move towards attraction and a deepening awareness of one self and other.

The parent education speaks to the themes of the content brought to the students and some of the main issues confronting child health and wellbeing in current times, with examples of how we can counter the unbalancing effects. We also address how to understand gender differences and similarities that both limit or free us and the contribution and struggles of the changing social structures around gender and sexuality affecting us all.

We look at how and when we work with children and adolescents to bring the understanding of sexuality and gender in relation to where they are in their consciousness. This brings harmony between the evolving body and inner experiences that sets the ground for healthy adult experience.

This program is offered in more than 20 schools around Australia, plus Taiwan and the USA. We look forward to visiting Alice Springs for the first time.



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Developing the Self Developing the World is a social initiative based on the work of Rudolf Steiner, Teachers, health practitioners, artists and farmers contribute their time and expertise to adults and young people within schools, communities and private retreats.

[www.developingtheself.org](http://www.developingtheself.org)