



Family Program

Cath McCallig is delighted to offer her Family Program to Primary School Communities. Cath has worked in schools as a Performing Arts Teacher, Theatre in Education Presenter, and more recently, as a Sexuality Educator with Family Life Victoria. Following the closure of FLV, Cath has branched out and now offers both Family Evenings and School Programs via her own business, Sex Ed 4 Schools. With four children of her own, Cath understands and fully support the role families have in the sexuality education of young people.

Below is a quick run down of what is covered during the Family Program focused on puberty. This one hour session is attended by children and their trusted adult(s) online, and is an opportunity to discuss the topics listed.

This program is usually attended by Years 5/6 families, however, many families feel that their younger children may be ready to hear about the changes that come with puberty. It is very common for Year 4 children and their attending adult(s) to also join the puberty session. Parents and carers know their children best so it is each family's choice to decide what is best for their child.

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 correct, anatomical names
- *The common 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 covered (including wet dreams and periods) and again students have the opportunity to discuss management with their adults.

Family Programs that are held online via Zoom are delivered upon the understanding that at least one adult parent/carer will be present with their child throughout the session.

- **Cost - \$20 per family**
- **A minimum of 10 families is required for the sessions to proceed.**
- **Please use the below link to register for the program:**

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

- **A TryBooking Confirmation Email will be sent to all registered families. A Zoom link will be contained in the email to join the program online.**

**Contact Cath here:
cath.mccallig@gmail.com**