



with
Cath McCallig

Sexuality and Protective Behaviours Educator

Family Programs

Cath McCallig is delighted to offer her Family Program to St Finbars. 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. Cath has branched out on her own and offers both Family Evenings and School Programs. With four children of her own (all ex students of St Finbars!), Cath understands and fully supports the role families have in the sexuality education of 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.

Often families feel that their younger child is ready to learn about reproduction and/or puberty. Parents know their children best, and so are encouraged to attend the session(s) they feel are most suitable for their child(ren).

Session 1

Families, Bodies and Babies

- 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.
- 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 specific changes according to a person's body parts are explained and again, students have the opportunity to discuss management with their adults.

Cost: \$20 per family for one session, \$25 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 online on Tuesday November 12th

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/CWMYT>

Once registered, the Zoom Link for the sessions will be sent to registered families within their Confirmation Email from TryBooking

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

