



BODY EDUCATION WITH KELLY NASH

Dear Families,

St Brigid's Primary School is offering a Body Education Program for students and their families. The sessions being offered are on Tuesday 11th June:

- **6.15pm-7.15pm Year 3 and 4 session**
- **7.30pm-8.30pm Year 5 and 6 session**

and Wednesday 12th June:

- **6.15pm-7.15pm Foundation, Year 1 and 2 session**

The programs offered aim to support parents in helping their children learn about aspects of human sexuality and present a valuable opportunity to discuss a variety of subjects in a safe and supported environment. The price of these valuable sessions are: \$20 per family for one session and \$25 per family for multiple sessions

Grade 1-2 session - Age appropriate language is used to help children understand the differences in families and body parts. We discuss how bodies can be the same and how they can be different. We talk about private parts and what being "private" means. Students are reminded that private parts are for private places. We also discuss feeling safe in our bodies and identify who children could talk to if they weren't feeling safe. Families are given the opportunity to discuss how babies develop and how they are born. (This session does not include sexual intercourse but does include introducing the terms egg and sperm).

Grade 3-4 session – This session begins by acknowledging that human beings, families and bodies, have similarities and differences. We go on to name parts of the body that are the same and different and acknowledge that it is the differences that make it possible to reproduce. From there, conception (including sexual intercourse* and a brief and basic explanation of assisted reproduction) is discussed and is followed by an explanation of foetal development and birth. This session includes elements of protective behaviour as we will be discussing private parts.

**Whenever sexual intercourse is included in a program, part of the explanation will include the "Rules of Sex" which are discussed as being based on the law and are there to keep us feeling safe – for students of this age I explain the Rules of Sex as being:*

1. Sex is for Grown ups (the legal definition of adults is explored further in secondary school)
2. It must be a Choice
3. Private (Private to those people and also done in a private place)

The Rules of Sex are a great way to reinforce respectful relationships – although not a great deal of time is spent on this area so it's great if families can discuss this further at home and it's a great opportunity for families to discuss their values regarding this topic.

Grade 5-6 session – This session is for students and their families to prepare for the changes of puberty. The common physical, social and emotional changes that are experienced by everyone will be discussed (eg: pimples, growth spurt, body odour, shape, hair, voice), allowing time for students to talk with their attending adults about management strategies. Then specific changes are explained (sperm production, wet dreams, periods) and again, students have the opportunity to discuss management strategies with their adults.

About Kelly Nash:

Kelly trained as a teacher in the 1980's (so it's probably just as well she has decided on 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 to 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.