

Dear Parents & Caregivers,

Year 6 Love and Life Reflection Sessions

We have been invited by the Armidale Catholic Schools Office to present to Years 4, 6, 7 and 9 students over a four-year period. 2020 is our third year and we're excited to continue working with your community.

What does Real Talk do? Based on Catholic values, Real Talk provides up-to-date resources, interactive games and personal stories as part of our presentations. Our aim is to help young people to understand God's amazing plan for love and life.

Please be reassured our presentation focuses on topics that are developmentally appropriate to this age group. While we won't be speaking specifically about "sex" or "puberty", we will be discussing a number of topics which may impact the way young people view themselves and these topics, including:

- Self-image
- Healthy relationships and friendships
- The importance of our bodies
- The unique qualities of boys and girls.
- Making good choices
- The impact of the media (inc. social media)
- The meaning of physical intimacy

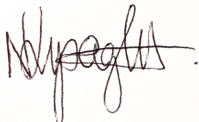
We appreciate the important role parents and caregivers have in educating their children on the topics of love and life. However, we know it can sometimes be difficult to know what to say and when. We want to empower you with information about topics including:

- Current culture;
- Developmental changes;
- What we're going to talk about with the students.
- The digital world (including social media);
- Tips for how you can help navigate these years;

We would love to see you at the **Parent & Caregiver Information Night** we are holding at your school. Bring along a friend and join us for information, stories and lots of laughs about the journey of parenthood. Our aim is to help you support your children as they grow into beautiful teenagers. *Please check your school newsletter or website for details about our visit.*

If you have any queries about your child's suitability or the content of our presentation, please contact your school or check out our website at www.realtalkaustralia.com. It is an honour to speak into the lives of the young people we present to. We look forward to meeting you soon!

Kind Regards,



Nikki Lysaght
Primary Schools Manager, Real Talk Australia