



Dear Grade 6 Parents

Grade 6 Sex Education and Introduction to Puberty

As part of our Life Orientation curriculum for the Grade 6s, we deal with a Health Promotion component. This component includes the topic of Puberty and the transition to adulthood. We have scheduled this lesson for next week, during school hours.

The information that we intend to cover with the children includes concerns about body image, choices and consequences, gender, human growth and development, relationships, attitudes and values, sexual anatomy and physiology. The goal of the lesson is to promote health and well-being in a way that is developmentally appropriate. It includes information and communication skills building as well as values exploration. The boys will be addressed by Mr Angus and the girls by Mrs Mendes. There will be a presentation which will include the following:

- What is puberty?
- Physical changes in girls, menstruation etc
- Physical changes in boys, voice changes etc
- Reproduction
- Personal hygiene

We will also discuss **appropriate behaviour** and **responsibility** in our world. This may lead to children asking questions and open discussion around the dangers of devices, pornography and child trafficking. Whilst these are difficult discussions to have with 12 year olds, they are certainly necessary in safe guarding our children and equipping them with information and a sense of security.

Whilst the Introduction to Puberty forms part of our curriculum, if you would prefer that your child does not attend this lesson, please do let me know, in writing via email.

Many thanks

Sinead Mendes