



Dear Parents/Guardians,

Our class is about to study an important lesson about the early stages of puberty, which many Year 5 and 6 students are beginning to experience.

The Personal Development Program helps both boys and girls:

- Understand the physical and emotional changes they experience during puberty, and acknowledge these changes as a normal part of growth and development
- Learn the physiology of their bodies and correct terminology for parts of the reproductive system
- Understand that personal hygiene is each individual's responsibility

In addition, the program helps boys and girls:

- Understand the menstrual cycle
- Understand what to expect during a period
- Learn how to manage periods while continuing with normal activities
- Learn about conception, fertilisation and pregnancy

The Personal Development Program is based on national research and consultation with nurses, health professionals and parents. If you have any concerns regarding this session, please visit www.ubykotex.com.au website, as we will be covering similar material.

If you prefer that your son/daughter **does NOT** participate in the program and the lesson that accompanies it, please return this permission form Thursday 4th May, 2023 as the program will be held Week 3, 2023.

If you have any questions about the Personal Development Program, or if you would like to review the program materials in advance, please call Morgan O'Reilly (Women's Health Nurse) on 0438 166 305.

Thank you very much for your interest in this important education program.

Personal Development –Term 2, week 3.

_____ does NOT have my permission to participate.
Student's name

(Parent's/guardian signature)