**Puberty and Personal Development Parent Information Sessions**

26th July 2018

Dear Parents and Carers,

On Tuesday 7 August, 2018, Sexual Health & Family Planning ACT are running a parent and carer information session. The information session will provide parents and carers with engaging, interactive presentations that cover sexuality and relationships education, its place in schools and how they can support their child through puberty and beyond. Common concerns and myths are addressed as well as tips for effective communication, responding to tricky questions and resources for further support. Puberty is a significant time of growth and change that all humans experience, and education on the topic has many positive impacts for young people.

This session is provided as additional support in students’ learning as they investigate developmental changes and transitions.

The session will be held on Tuesday morning and will be repeated in the evening.

The details are as follows:

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| **Venue** | Library - Palmerston District Primary School |
| **Date** | 7 August, 2018 |
| **Time** | Session One: 9 am - 10 am  Session Two: 6 pm - 7 pm |
| **Cost** | Free (this program is being funded by the school) |

*\* Information regarding optional student workshops will be provided at the information session and will be sent home in week 3.*

Alycia James

(Coordinator)

Year 6 Teacher