

# Parent Permission Slip

Dear Parents & Carers,

Our class is about to begin an important unit about growth and personal development. The purpose of this letter is to inform you of the content that will be covered which will enable students to achieve the outcomes outlined in the Health and Physical Education Australian Curriculum.



The Libra Girl Education Program helps both boys and girls:

- Acknowledge that puberty is a normal part of growth and development
- Understand the physical, emotional and social changes and transitions associated with puberty
- Understand that everyone is unique and that individuals experience changes associated with puberty differently
- Examine a range of strategies to help manage the changes associated with puberty

In addition, the Girls Only resource will help girls to:

- Understand the menstrual cycle
- Learn how to manage their periods
- Examine a range of products available to manage the physical changes associated with puberty

Please refer to the highlighted resource/s below to view the specific resource/s we are planning to use in our class.



## STAGE 3 – UNDERSTANDING MY BODY

The Stage 3 mixed lesson plan is designed to help students understand all about the growth and development that occurs to our bodies throughout puberty – our way of growing up! Students will understand the what, why and when of puberty while reinforcing the idea that although these changes may seem strange, awkward and even embarrassing, they are all part of a natural process that everybody goes through. This will be delivered to a mixed female and male audience.

- Define and understand the word puberty
- Understand that everyone is unique and experiences puberty differently
- Identify changes that occur to boys and girls throughout puberty and how they differ
- Learn strategies on how to manage the changes that occur
- Use a web-based resource to enhance understanding of changes associated with puberty



## STAGE 3 – UNDERSTANDING YOUR PERIOD

The Girls Only lesson plan is specially designed to help support girls in understanding menstruation in a positive and comfortable way. Students will explore coping skills and content through engaging activities to help them become more comfortable about their periods. This will be delivered to a female-only audience.

- Define and understand the word puberty
- Understand that everyone is unique and experiences puberty differently
- Identify changes that occur to boys and girls throughout puberty and how they differ
- Learn strategies on how to manage the changes that occur
- Use a web-based resource to enhance understanding of changes associated with puberty

It is our hope that you will discuss the topic of adolescent development with your child at home. To support you in this I have attached a parent info card to help start conversations and discussions with your child.

You may also like to further investigate the resources that will be used in our class on the [www.lovelibra.com/libra-girl/](http://www.lovelibra.com/libra-girl/) website.

Kind regards,

I give my child \_\_\_\_\_ permission to participate in the Libra Girl Education program and to explore and interact with the resources in Understanding My Body and Understanding your Period (girls only.)

Parent signature \_\_\_\_\_ Date \_\_\_\_\_