

Letter to Parents

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



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 4 - UNDERSTANDING CHANGES

The Stage 4 mixed lesson plan is designed to help students to take charge and understand exactly what is happening to them throughout puberty. They will have opportunity to investigate the physical, social and emotional changes that they may experience and learn about strategies they can put into place to help cope with these changes. This will be delivered to a mixed female and male audience.

- Understand the what, when and why of puberty
- Identify the varying physical, emotional and social changes that may occur during puberty
- Discuss and evaluate strategies that help manage the changes that occur during puberty
- Discuss how changes may have an impact on self-identity
- 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/ website.

Kind regards,

I do not give my child _____ permission to participate in the Libra Girl Education Program or explore and interact with the resources in Understanding Changes.

Parent signature _____ Date _____