



# Family Life Programme

## Grade 3 and 4 In-Class

Our Grade 3-4 programme is usually held over two 45 minute sessions. The programme begins by talking about families and some different family structures. We then talk about how babies begin, grow and develop. This includes a brief description of sexual intercourse. An important part of our program is a discussion on children's safety and how its not okay for someone to look at or touch their private parts. This programme also has a brief section relating to puberty. The main changes which puberty bring about are discussed and children are reassured that pubertal changes are normal and something which they will experience as they get older. Please be assured that all of the information discussed is delivered in an age appropriate manner.

*NB: The order of content delivery may vary depending on individual situations.*

### **Content:**

- The importance of families (e.g. someone to love and care about you)
- Different types of families (single parent, step, adoptive etc)
- Ways we show love in families (being good, kiss, hug etc)
- What we love about each other
- How babies begin and grow: egg, sperm, fertilisation, uterus/womb, amniotic fluid, placenta, umbilical cord, birth etc.
- Twins
- Difference between girls and boys (penis/vagina)
- Keeping safe
- Baby needs (to be fed, to be put to sleep etc)
- Puberty: growth spurt, menstruation, wet dreams, hair growth, mood swings, pimples, etc

To facilitate the delivery of the above information, a PowerPoint presentation is used and a DVD called 'A New Baby' is shown. The DVD follows a family as they prepare for the birth of a new baby right through until the baby is born. In addition to this there are foetal models and anatomically correct newborn dolls available which the children can view. Also there are numerous worksheets which may be used either during class time or sent home for homework.

If you have any questions or concerns or would like any additional information please do not hesitate to contact the Family Life Co-ordinator:

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