



Family Life Programme Grade 5 and 6 In-Class



Our Grade 5-6 programme is usually held over three 1 hour sessions. The first session is focuses on families and how babies begin, grow and develop. This includes a brief description of sexual intercourse. The second session centres around puberty and the changes which puberty brings. In the final session time is spent helping children to understand the concept of responsibility in regards to their bodies and to relationships. Also in this final session, time is allocated to answering questions from a question box which has been in the classroom for the duration of the sessions. The programme also includes a discussion about personal safety. 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)
- 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
- Stages of life
- Puberty - what it is
- Pubertal changes - both physical and emotional (e.g. growth spurts, hair growth, pimples, mood swings, wet dreams, periods etc).
- Concept of responsibility with regard to having children

To facilitate the delivery of the above information, a PowerPoint presentation is used and a DVD about puberty, called 'I'm Stepping Out' is shown. 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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