



GOWRIE PRIMARY SCHOOL

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ACT
Government
Education

Principal: Simon Smith

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Lanyon Personal Development Information for Parents

Dear Parents and Carers,

As part of our Australian Curriculum Health and Physical Education unit, over the next three weeks the Year 5/6 students will be participating in personal development lessons focusing on puberty and healthy lifestyles. The students will learn about the physical, emotional, and social changes that occur for them during puberty. Teachers will be using resources from Sexual Health and Family Planning ACT in these lessons. The sessions will be run in separate male and female groups however both groups will be covering similar content.

The lessons will cover the following topics:

- Private body parts
- Physical Body Changes - male and female
- Puberty
- Menstruation
- Wet Dreams
- Relationships
- Consent
- Gender stereotypes

Sessions will be run on Tuesday afternoons on November 24, December 1, 8 and 15.

Teachers will be encouraging students to talk to parents / carers about their own experiences. Please use this site as a resource to help you. It includes some examples of questions that students may ask and the videos that we will be watching in lessons. *Please note that this site is still being drafted so the layout and content may change over time.*

<https://sites.google.com/ed.act.edu.au/gps-personal-development/home>

If you do NOT wish for your child to be a part of this program, or if you have any questions, please contact me via email on andrew.heffernan@ed.act.edu.au

Thanks,

Andrew Heffernan (SLC)
on behalf of The Lanyon Team