The ups and downs of growing up

Date __________

Dear Parent(s)/Carer(s)

Our class will be undertaking a unit of sexuality education. Students will be learning about:
- the physical, social and emotional changes associated with puberty
- variations in the timing of puberty
- respecting the feeling of others
- hygiene products used during puberty
- the process of menstruation and sperm production
- the process of sexual intercourse and reproduction
- qualities of good friends
- sources of information about puberty.

It helps the students to know that growing up and puberty is a universal experience. Could you take ten minutes to talk to your child about your growing up? Some questions that you might like to discuss with your child are:
- What were some of the great things about growing up for you?
- What were some of the difficult things?
- Did you have someone you could talk to about the difficult things?
- What made them a good person to talk to?

Thank you for your help.

Regards