

## 5/6 Personal Development Update

Dear families of children in Year 5 and 6,

As you are aware, each year as part of the Year 5/6 curriculum we study a unit on personal development. The unit focuses on influence and the physical, social and emotional changes that occur during puberty and the effects these changes might have on adolescents. This builds on from our term 1-3 social and emotional learning regarding resilience, identify and relationships. This unit will be a specific focus in our workshops from Week 8, Term 4. Areas covered during this unit will include:

### Puberty

- Understanding why we go through puberty
- Understanding that everybody goes through puberty at different times
- Hormones – estrogen and testosterone
- Physical changes during puberty
- Developing correct vocabulary for body parts
- Menstruation
- Personal hygiene for boys and girls
- Emotional changes during puberty
- Managing change

### Identity, resilience, peer pressure and self-esteem

- Self esteem
- Developing a strong sense of identity
- Recognising and dealing with peer pressure

### Some of the key resources that we draw upon include:

- Websites – <https://amaze.org/>, [www.kidshelp.com.au/](http://www.kidshelp.com.au/), <http://www.cybersmart.gov.au>, [kidshealth.org](http://kidshealth.org), [https://www.youtube.com/watch?v=vXrQ\\_FhZmos](https://www.youtube.com/watch?v=vXrQ_FhZmos), <https://www.enhancetv.com.au/browse/program/series/my-great-big-adventure/16628>, <https://www.youtube.com/channel/UCedcH2kb9dRn6qPcafYF48g>

All resources are previewed and we believe suit the age and developmental range of our children. Please support your child through this learning process by allowing them to ask questions and discuss topics that are raised during this time. These conversations help to normalise what can be quite a tricky area to discuss and provides the opportunity for you to place what has been learnt in the context of your family values. **You can find an overview of our workshop sequence on Schooltalk, from Monday 7 December.**

If you have any questions relating to the unit or do not wish for your child to participate in one or more of our personal development sessions, please contact either myself or your child's learning coach.

Kind regards

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## Home language vocabulary

During this unit we will be exposing the students to a range of vocabulary that is specific to this area of the curriculum. We understand that some of these words may be new or unfamiliar to students and encourage you to speak to your child about them to further develop their prior knowledge before we delve into them deeper in our lessons.

We especially see the need for students who speak English as a second language to understand these words. We ask that if this is the case for your family, could you please fill in the slip attached and bring it back to your learning coaches so we can have discussions with the children about these words.

English Word	Home Language word
Puberty	
Hormones	
Vagina	
Penis	
Hygiene	
Menstruation	

If there are any other phrases or words you would use from your home language that you would like to share, please write them below.

