**To Parents / Guardians**

Interrelate, in conjunction with your school, is offering a course for students in Year 5.

This fun and informative program explores the value of good communication within families and relationships, as a way of better understanding each other and reducing conflict. It provides students with a basic knowledge of male and female development at puberty, with an emphasis on developing a positive attitude to change.

**… *and your   
assurance of quality***

Interrelate’s fully trained and experienced educators, who adhere to a strict code of ethics, conduct the program. Interrelate has more than 85 years’ experience in this field and has a reputation for providing excellence in sexuality and relationship education.

Today over 49,000 students and family members participate in Interrelate school and family programs each year.

Interrelate is committed to protecting   
the privacy of clients (compliant with the Privacy Act 1998) and maintains an ongoing commitment to quality service delivery.

**The Program**

Two 90 minute sessions conducted during school hours

**Session 1: Preparing for Change**

Introduces:

• the concept of physical and emotional changes

• coping with change in personal relationships

• developing good communication skills

• the meaning of friendship

• dealing with conflict

**Session 2: Understanding My Body**

Includes basic information about the physical changes experienced at puberty and strategies for personal safety and self-protection.

**Questions are encouraged and appropriately addressed as an integral part of this program**

***Please Note: The cost of the course is inclusive of all sessions. If a session is missed through absence, illness or extra-curricular activity, unfortunately we are unable to refund the full or partial cost of the program.***

**Interrelate School Services presents Minding Me**

**Student Cost: $16.50 per student,** includes student workbook

*(school cost, inclusive of GST, is $18.15)*

**at: TIGHES HILL PUBLIC SCHOOL**

**on: Thursday, 8th and 15th October 2015**

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**Please complete and return to your school with cash/cheque payment in an envelope**   
*(please make cheques payable to the school)*

I wish to enrol my child/children  Class

in Interrelate’s ***“Minding Me”*** program. Enclosed is my payment of $

Signed Date

*Parent/Guardian*