

18 June 2026

Dear Parent/Guardians

CONSENT AND SEXUAL EDUCATION PROGRAM 2026

At Calvary, we are committed to delivering accurate, age-appropriate sexual education and consent sessions that support students as they grow and mature. These sessions are thoughtfully designed to align with their developmental stage and equip them with the knowledge and skills they need to make informed, safe choices. Our aim is to partner with families by complementing the important conversations and values fostered at home, while also meeting the requirements of the Australian Curriculum. We believe that ongoing education in this area is an essential part of nurturing the whole child—emotionally, socially, and spiritually. Below is a breakdown of the sessions each stage will receive.

PREP & STAGE 1

Consent and Body Safety

Next term, our College Nurse will facilitate three sessions about body safety. Sessions will address the following topics:

- Body boundaries and awareness
- The difference between feeling safe and unsafe
- Identifying trusted adults and safety networks

Daniel Morcombe Foundation

The information above will be consolidated by a presentation from our local school-based police officers. The content can be viewed on the following website: www.danielmorcombe.com.au. Sessions will take place on the **21 July at Springwood** and **28 July at Carbrook**.

STAGE 2

Year 4 : A Tween's Guide to Puberty

Our College Nurse will facilitate three sessions with our Year 4 students in Term 3. These sessions will include selected content from Michelle Mitchell's '*A Tween's Guide to Puberty*'. The purpose is to explain the process of puberty and help normalise the physical, emotional, and social changes that come with it, framing these changes as a natural and purposeful part of God's design for children as they grow into adolescence. Some specific topics include:

- Choosing trusted adults and body safety
- Puberty: why, when and how does it start?
- Male and female reproductive body parts, with a focus on the names and structure only, function will be discussed in Stage 3
- Hygiene and caring for a growing body
- The role of sleep, oxygen, play, water and healthy food
- Understanding emotions and brain changes in puberty
- Relating to parents and teachers

To give you an idea of the tone of the lessons, please see the sample lesson below:
<https://michellemitchell.org/sample-videos-from-a-tweens-guide-to-puberty/>

STAGE 3

Emma Tabacaru Sessions

Our Year 5 & 6 students will listen to a session from Emma Tabacaru on the **Wednesday 2 September**. Springwood students will travel by bus to Carbrook for the day. The sessions are outlined below:

Year 5 GIRLS: The Bloom Session

This session will cover the anatomy of the remarkable female body and the changes associated with puberty. Girls will be equipped with our top tips for crushing puberty so that they can take care of their bodies well through this season and feel prepared and confident about getting their first period... and managing the 450ish after that. This session will also cover the basics of how boys experience puberty.

Year 5 BOYS: Remarkable

During this session, boys will learn about the ins and outs of their anatomy and the changes their bodies will go through as they move through puberty. Students will be equipped with information to handle these changes well and empowered to take care of their body and mind well during this season. This session will also cover the basics of how girls experience puberty and periods.

Year 6 BOYS & GIRLS: The Purpose of Sex: Babies and Bonding

This presentation covers the basic structure and function of the male and female reproductive systems, introduces the basics of sexual reproduction and the importance of sex in bonding two people on an emotional, physical and soul level.

If you are interested, you can learn more about Emma on her website www.pippingirl.com.au.

If you have any questions about this program, please contact Carlee Johnston
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Kind regards,

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