



**CHRISTIAN  
COLLEGE**  
G E E L O N G

## Personal Development and Growth

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Dear Parents,

During this semester in Health, students in Year 5, 6 and Year 8 will be involved in units on Personal Development and Growth. These units explore the physical, social and emotional changes that will occur with the onset of puberty. Included in the content at an age appropriate level will be the following;

- Defining puberty.
- The physical characteristics of the male and female body.
- The male and female reproductive organs.
- Physical and emotional changes and the effects of hormones on boys and girls.
- The fact that students develop at different rates.
- Issues arising during puberty and strategies to assist during this period of their lives. Includes areas such as; friendships, sexuality, group and peer pressures.

Should you wish to discuss any issues related to this unit of work, feel free to contact your child's Health and Physical Education Teacher on Ph. 52411899.

Yours sincerely,

Mrs. Renee Garing and Mrs. Sally Bishop  
Middle School Sport Coordinators

### MIDDLE SCHOOL & ADMINISTRATION

18 Burdekin Road, Highton Vic 3216  
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### JUNIOR SCHOOL

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### BELLARINE CAMPUS

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### SENIOR SCHOOL

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