Dear Parent/Carer

Students in our Catholic College are engaged in a curriculum that aims to assist young people to develop their full potential. Many subjects that the students engage in are integrated and enable the students to develop life skills that will serve them long after they leave school. One particular area where this occurs is Sexuality Education. This subject is part of the Health Education section of the Curriculum, but it is also informed by other subjects.

Sexuality Education is concerned with encouraging students to improve their own health and lifestyle by adopting behaviours and practices which are health enhancing. Sexuality Education also supports students to make responsible and informed choices and decisions. In a Catholic College our program is informed by our Archdiocesan Policy: Growing Towards Wholeness, a document mandated and resourced by the Archdiocese to assist teachers, parents and parishes to support young people as they grow through the years of adolescence. Students will be learning about key health issues within the rich values of the Catholic tradition. They will be learning about the practical issues of puberty and adolescence and become more skilled at making choices for a healthy and fulfilling life.

Throughout this year the students will cover:

Year 7 – Changing and Growing, Personal Hygiene

Topics are taught in the context of Catholic Church teachings in a safe and trusting environment. Students are encouraged to share ideas, listen to and respect alternative points of view and discuss their own feelings and attitudes to a range of relevant issues. Embedded within each topic are the concepts of harm minimization and the importance of seeking help when needed. The Archdiocesan approach to Sexuality Education is one of Pastoral Care, enabling young people to develop life-giving relationships towards others and affirming their own identity as young people full of potential for life.

Our aim as teachers is to work as partners with you as parents and guardians. If requested, we can provide you with some information and resources to enable you to discuss issues of Sexuality Education with your teenager. If you require further information on the values or content of our program or have any concerns, please don’t hesitate to contact me at the College.

Yours sincerely,

Mrs Kate Lakos
Coordinator of Health and Physical Education

Mr Tom Dorey
Principal