



Developing the Self
Developing the World

Student Health and Wellbeing Program

Social Understanding and Healthy Relationships with Self and Others

Parent Information
Tuesday August 11 6pm

Students (Classes 5 & 8)
August 10 - 13

This program highlights the growth and changes that occur during the years of classes 5 to 8. This includes puberty and the physical and emotional changes that go hand in hand over this time. The content is age appropriate for each class. It aims to deepen the young person's healthy relationship to themselves and encourages greater understanding, mutual respect and compassion for the other members of their class and the school community.

The 1 hour information session for parents on Tuesday night will both summarise what is brought to the students and look at ways to support them through these changes. We warmly invite all parents and guardians from the school community to the information evening even though additional sessions specific to general development in the younger years will be offered in the same week.

This program was formerly known as Social Understanding, Gender and Sexuality. It is one of the Developing the Self Developing the World Health and Wellbeing Programs for students from Classes 5 to 12. The book "Sex Education and The Spirit; Understanding our Communal Responsibility for the Healthy Development of Gender and Sexuality within Society," as well the Professional Development document on the website are the resources that complement this program.

Developing the Self Developing the World is a social initiative based on the work of Rudolf Steiner that offers school health and wellbeing programs and support for young adults..

Find out more:

www.developingtheself.org

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