



Sample Letter to Parents

Dear Parents and Caregivers,

We are excited to introduce a new, fully funded six-part education series, 'Ready, Set, Grow!' designed to support your child as they navigate puberty. Accurate information, provided before puberty begins, prepares and supports children to navigate the physical emotional and social changes effectively and normalises these experiences, reducing shame and anxiety and building a positive body image.

In Australia, puberty can begin as early as 9- 10 years old; most girls will experience their first period around 12 years of age, but about 2-3% of girls start as early as 10. For boys, puberty often begins between 9-14 years of age. This program provides all students with the knowledge, skills, and confidence they need to embrace this phase of life with understanding and self-assurance.

Parents play an important role in introducing and leading these conversations, but we also know most parents would like some support in preparing their child for this important life stage. This program has been developed by Queensland Health with inputs from experts including doctors and nurses and education specialists, and will be delivered by health professionals.

<insert details of parents and caregivers information session here>

Why is this important

Puberty is a natural and significant part of growing up, but it can also feel overwhelming for children without the right guidance. This program is written by leading experts in puberty education and reviewed in consultation with community leaders and health professionals and is designed to:

- Equip children with factual, age-appropriate information about their changing bodies direct from health professionals.
- Normalise the experiences of puberty to reduce shame or confusion.
- Empower children to approach these changes with confidence, self-respect, and an understanding of others.
- Align to the Australian curriculum

**READY SET
GROW!**



What topics are covered

Each session is approximately 45-60 minutes and features interactive activities, peer to peer videos, expert input, and engaging discussions designed for children in Years 5-6. The program covers six key sessions that focus on:

- 1 Understanding Puberty:**
Explaining the physical, emotional, and social changes during puberty.
- 2 Menstruation and Reproductive Health:**
Normalising discussions about periods and reproductive health for all genders.
- 3 Personal Hygiene and Self-Care:**
Encouraging healthy habits and self-care during this life stage.
- 4 Emotional Well-Being and Digital Safety:**
Recognising and managing the emotional changes that can occur, while also developing an understanding of safe and respectful online behaviour.
- 5 Respectful Relationships, Consent and Boundaries:**
Building empathy, understanding, and healthy communication in both offline and online interactions.
- 6 Body Confidence and Diversity:**
Celebrating body diversity and creating a positive self-image.

Who will deliver the program

This program is offered free of charge and has been developed by Queensland Health with input from experts, including doctors, nurses, and education specialists, and will be delivered by trained health professionals. There is no cost to schools or parents, ensuring all students have access to high-quality puberty education.

Each session will be delivered by trained health professionals with expertise in health, education, and working with young people. Sessions are tailored to the needs of diverse communities—including rural/remote, First Nations, CALD, LGBTQIA+, and individuals with disabilities—to ensure they are:

- Culturally Sensitive
- Inclusive and Trauma-Informed
- Evidence-Based and Expert-Developed

**READY SET
GROW!**



How you can support at home

Your child will bring home a workbook and activity sheet after each session, giving you the opportunity to see what they've learned and engage in meaningful discussions. These resources will help reinforce the information shared in the sessions and create a bridge between classroom learning and home support.

To ensure all parents and caregivers can easily access and understand this information, we have also created a short video summary of the key topics covered in the program. You can scan the QR code below to watch the video in your preferred language.

[Insert QR Code Here]

We are committed to providing your child with an education experience that is inclusive, respectful, and empowering. Thank you for supporting this important initiative to help your child navigate the changes of puberty with confidence and ease.

If you have any questions or would like further information about the program, please feel free to contact (insert contact details).

Warm regards,

(Your Name)
(Your Title/Organisation)

**READY SET
GROW!**