

9 February, 2022

Dear Parents of Year 5, 6 and 7 students,

We invite you to attend a parent presentation via zoom with award-winning speaker, and bestselling parenting author Michelle Mitchell - on the topic of Talking to Kids About Puberty, Sex and Staying Safe Online.

**Date:** Tuesday, 22 February 2022  
**Time:** 6:00pm  
**Zoom Link details:** <https://us02web.zoom.us/j/84172227240>

*Michelle has been termed 'the teenage expert' by the media and is sought after for her compassionate and grounded advice for parenting tweens and teens. Michelle started her career as a teacher, but soon discovered a special interest in wellbeing. She left teaching in 2000 to found Youth Excel, a 'boutique' health promotion charity which delivered tailor made life skills programs and psychological services to thousands of young people and their families. Today she uses her experience to write and speak in schools, community events and through media.*



In a highly sexualised society, where adult content is reaching our children at strikingly younger ages, talking to our kids about sex is an important part of parenting.

Michelle's presentation gives parents real language and insights into how to talk to pre-teens about healthy relationships, sex, and puberty. Michelle utilises her years as a primary school teacher to provide a step-by-step approach to kick-starting vital conversations at home.

**This presentation includes:**

- The importance of Sexual Health and Cyber Safety education in Primary Schools
- What upper primary students need to know about puberty, where babies come from and staying safe online
- The actual script to explain puberty, sex, paedophiles, and pornography to a child
- Tips for helping children fearful of puberty
- Links to Cyber Safety material

Following this presentation, we have invited Michelle back on 15 March 2022 to talk with our Year 5 and 6 students on the topic of Preparing for Puberty and Staying Safe Online. More information will come about this closer to the date.

We trust this presentation will be of benefit to you and your family.

Kind regards,



Kirsty Clements  
Deputy Head of Junior School



Tony Longmire  
Deputy Head of Secondary - Wellbeing

