



Personal Growth & Development Workshops & Booking Form

Kidz Biz Education offers four workshops 'Guess What, You're Growing Up' to primary schools which have been designed for Year 6 students (Year 5s can be included by prior arrangement in Year 6 workshops).

To reserve a booking, please complete the booking form at the back of this pamphlet ensuring that all details are clearly marked. Completed forms can be emailed to Kidz Biz Education on the address shown above.

Classroom workshops for Year 6 students

All workshops cover core social, personal and sexuality development education in accordance with **The Australian Curriculum: Health & Physical Education** and the **Keeping Safe: Child Protection Curriculum**. They also work well as an introduction to school-based programs in Pastoral Care and Personal Development.

Guess What.... You're growing Up!

Suitable for Year 6 (ages 11-12)

Workshop	A	B	C	D
1	Human body Reproductive system	Human body Reproductive system	Human body Reproductive system	Human body Reproductive system
2	Conception to birth	Conception to birth	Puberty Physical changes	Puberty Physical changes
3	Puberty Physical changes	Puberty Physical changes	Puberty emotional & social changes	Body image Self esteem Media influences
4	(Optional) Keep Safe Personal & cyber safety	Puberty emotional & social changes	Body image Self esteem Media influences	Respectful Relationships Overexposed & Under Prepared

Supplementary/Additional workshops available:

In addition to the core lessons provided, as indicated in the above table, three supplementary workshops are offered as well.

Workshop E: Friendships, Conflict and Stress

A session that equips students with a survival kit of skills required to build/make successful, healthy, friendships/relationships, as well as strategies for resilience, coping with stress and conflict.

Mission Australia (2019) surveyed 30,000 young people between the ages of 11 and 24 years.

Two of the highest ranked issues that worried them were family conflict and coping with stress.

Workshop F: Peer pressure, influences and decision making

A skills/strategy session, providing information to students on peer pressure, unsafe situations and social dilemmas they may encounter during adolescence. It addresses the short and long-term physical, social and legal consequences.

Workshop G: Cyber safety, social media, sexting

This session helps students identify and develop skills that are required for their online safety. It relates to the importance of maintaining respectful relationships and practicing consent when using social media. It also looks at what 'sexting' is and helps students understand the legal consequences of this practice.

Note: The above core and optional workshops can be tailored in accordance with the school ethos and gender requirements for both public and private schools.

Fees

Workshop	Cost per class	Duration
A	POA	3 or 4 lessons x 45 - 50 minutes
B	POA	4 lessons x 45 - 50 minutes
C	POA	4 lessons x 45 - 50 minutes
D	POA	4 lessons x 45 - 50 minutes

Optional single workshops

Workshop	Cost per class	Duration
E: Friendships, Stress, and Conflict	POA	1 lesson x 40 - 50 minutes
F: Peer pressure, influences, decision making	POA	1 lesson x 40 - 50 minutes
G: Cyber safety, social media, sexting	POA	1 lesson x 40 - 50 minutes

Duration: Between 45 to 50 minutes in duration depending on individual school's timetable.

Scheduling: Workshop A to D can be booked either as single lessons, double or a combination of both.

Requirements: School to provide laptop computer, data projector and whiteboard.

Maximum class numbers

To maximize the level of effective interaction among students and ensure there is a sufficient allocation of resources for group activities, the maximum number of students per class should **not exceed 32**. However, additional student numbers may be negotiated with Kidz Biz Education beforehand.

Please note: The prices listed for the above workshops are for Adelaide metropolitan schools only. For outer metropolitan and county schools, additional costs will apply to cover travel/accommodation costs.

KIDZ BIZ EDUCATION BOOKING FORM

Name of School:	Contact Person:
Phone No: Teacher mobile (optional):	Email:

Please indicate your preferences in sequential order (e.g. most to least preferred) for terms and days.

Preferred Terms:				Preferred Days:				
1	2	3	4	Mon	Tues	Wed	Thurs	Fri

Guess What! You're Growing Up! (Year 6)

<p>Workshop A: Single lessons <input type="checkbox"/> Double Lessons <input type="checkbox"/></p> <p>Plus Optional: E <input type="checkbox"/> Plus F <input type="checkbox"/> Plus G <input type="checkbox"/></p> <p>No. of year 6 classes:</p>	<p>Workshop B: Single lessons <input type="checkbox"/> Double Lessons <input type="checkbox"/></p> <p>Plus Optional: E <input type="checkbox"/> Plus F <input type="checkbox"/> Plus G <input type="checkbox"/></p> <p>No. of year 6 classes:</p>
<p>Workshop C: Single lessons <input type="checkbox"/> Double Lessons <input type="checkbox"/></p> <p>Plus Optional: E <input type="checkbox"/> Plus F <input type="checkbox"/> Plus G <input type="checkbox"/></p> <p>No. of year 6 classes:</p>	<p>Workshop D: Single lessons <input type="checkbox"/> Double Lessons <input type="checkbox"/></p> <p>Plus Optional: F <input type="checkbox"/> Plus F <input type="checkbox"/> Plus G <input type="checkbox"/></p> <p>No. of year 6 classes:</p>

SCHOOL BELL TIMES (Required for scheduling purposes)

Day begins:	Day ends:
Recess begins:	And ends:
Lunch begins:	And ends:

Please note: You will be charged 20% deposit if you cancel sessions within six weeks of your booking confirmation date (This excludes school holidays).

Number of Yr 6 classes booked @ \$ per workshop = \$

Number of optional lessons booked @ \$ per workshop = \$

Booking authorized by: / /
Print Name
Signature
Date