



GROWTH & DEVELOPMENT Workshops & Booking Form

Kidz Biz Education offers four workshops, ‘You’re Growing What, Where’ to secondary schools, designed for Years 7-8 students.

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 7/8 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.

You’re growing what... where? (Workshop A, B or C)		
Suitable Year 7/8 (Ages 12 to 14)		
A (4 lessons)	B (4 lessons)	C (4 lessons)
Extension puberty	Extension puberty	Extension puberty
Body image Self esteem Media influences	Puberty Social & emotional changes	Body image Self esteem Media influences
Influences Peer pressure Decision making	Body image Self esteem Media influences	Influences Peer pressure Decision making
Cyber safety Social media Sexting & sextortion	Influences Peer pressure Decision making	Respectful relationships Consent STIs/basic contraception

Time duration of lessons

All lessons run between 45 to 50 minutes in duration depending on individual school's timetable.

Lesson scheduling

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

Supplementary/Optional workshops available

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

Workshop D: Friendships, Conflict and Stress

A lesson 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 E: Smoking, Alcohol and Drugs (Peers, not parents, sway teenage drug use)

A skills/strategy lesson, providing information to students on peer pressure, unsafe situations and social dilemmas in relation to teenage smoking, alcohol and drug use. It also addresses the short and long-term physical, social and legal consequences.

Teenagers' friendship groups in the late stages of puberty have the greatest influence on whether they drink alcohol, smoke or use cannabis (Melbourne University research).

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

Fees

Workshop	Cost per class	Number of lessons
A:	POA	3 lessons x 45 - 50 minutes
B:	POA	4 lessons x 45 - 50 minutes
C:	POA	4 lessons x 45 - 50 minutes

Optional single workshops

Workshop	Cost per class	Number of lessons
D: Friendships, Stress, and Conflict	POA	1 lesson x 45 - 50 minutes
E: Smoking, Alcohol and Drugs	POA	1 lesson x 45 - 50 minutes

Lesson Presentation

As all lessons will be in PowerPoint, schools will be required to provide a laptop computer, data projector and a 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 33**. 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.

