Life Skill Programme

**EMBRACING PUBERTY**

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| “The only way to make sense out of change is to plunge into it, move with it, and join the dance.”~Alan Watts | **Puberty is an important transition phase for learners and they need support to help them navigate through all the challenges and difficulties associated with puberty.** PROCARE’s team of professional social workers developed a life skills programme specifically designed to facilitate learning in the area of Puberty in a sensitive and age-appropriate manner. **The Life Skill Programme covers the following:**1. **What is puberty?**
2. **Physical changes from child to adulthood**

(Including Hygiene)1. **Social and Emotional Changes**
2. **Your right to privacy and respect for others**
3. **Potentially dangerous situations / Sexual abuse**

(Including Social media/Cell phones etc)1. **Where to find help**
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|  TARGET GROUP PRESENTATION COST ENQUIRIES | Grade 6 - 7 Learners Small groups for boys and girls separatelyQuote will be provided**Contact us**  |
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| For more information, costs and bookings [contact PROCARE](https://www.procare.co.za/contact-us-national) |