



**PARENT/CHILD
AFTER SCHOOL PROGRAMS**

**YEAR 5
GROWING UP**

**YEAR 6
GROWING AND
CHANGING**

with respect and dignity

**Discover the richness of human love
as seen through the Catholic lens**



Included topics
Life - how I began
Puberty - it's not scary
Looking after myself
Being a whole person
Healthy friendships

WWW.LOVINGFORLIFE.ORG
OFFICE@LOVINGFORLIFE.ORG

**SUPPORTED BY
CATHOLIC BIOETHICS PERTH
9242 4066
KNIGHTS OF THE SOUTHERN CROSS**

"Parents are the first and most important educators of their own children, and they also possess a fundamental competence in this area; they are educators because they are parents."

Letter to Families - John Paul II

Father/son and Mother/daughter after school programs

Format: Parent sits with their own child
Loving for Life facilitator introduces each topic with a short video or brief talk
Parent and child fill in worksheet together
Time for parent and child to talk with each other
Short break for a snack and stretch your legs
No whole group feedback required

Topics:

About me - I am unique and I am loved

The Miracle of Life - Our first journey from conception to birth

Family - Learning to love in the family

Whole Person - The 5 aspects of our nature

Puberty - Body changes and how to look after myself

Friendship - Developing and building positive friendships for life

Moving toward adulthood - Growing up



"And the business done in the home is nothing less than shaping of the bodies and the souls of humanity."