

# WORRIED ABOUT WHAT TO SAY?

## Simple, Sensitive, Straight Forward Sexuality Education

Every year more than 40,000 young people and their families participate in **Family Life Victoria (FLV)** Health and Human Relations programs.

**FLV** family sessions emphasise the importance of family in a child's life. Trained, experienced educators conduct programs that support parents helping their children about sexuality. Through the program students are able to develop an understanding of how bodies work and how they change.

Teaching strategies used in the programs include a range of approaches that enhance self-esteem and emphasise the development of responsible decision making.

Family sessions are conducted on a fee for service, sessional basis during school terms.

**FLV** offers an extensive range of books for sale at programs or direct through the branch office.

Family sessions are conducted mainly in the evenings as a series of three one hour sessions. The first session normally starts at 5.45pm, the second at 7.00pm, the third starts at 8.15pm

The programs support parents as the prime educators of their children and emphasise the nurturing and caring roles of families. The programs are family-focused and are designed to encourage positive family communication about reproduction, pregnancy and birth and the physical, social and emotional changes at puberty. The programs affirm and assist parents in their role as prime educators of their children and emphasise the nurturing and caring roles of families. The programs offer an interactive approach to learning; using a variety of audio-visual materials, discussion and games.