[Date Here]

**PDHPE Puberty Lesson PARENT CONSENT FORM**

Dear Parent/Caregiver,

As part of the PDHPE unit, our class will cover a discussion of puberty and changing male and female bodies in class. Learning modules will cover topics including hormones, hygiene, growing bodies and boundaries – all as part of understanding puberty and the changing teenage body.

Below is a brief outline of the program contents that will be delivered to the students:

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| --- | --- |
| **Part One:**  **Hormones & Hygiene** | Learn about the male and female anatomy, establishing good personal hygiene habits, the role of hormones in puberty and the emotional changes that come with puberty |
| **Part Two:**  **Bodies & Boundaries** | How the male and female body changes during puberty, menstruation and period management, understanding consent, personal boundaries and respectful relationships |
| **Period Planet Game** | Students will play an interactive, educational game where they will learn about periods and how to manage them, as well as common myths and misconceptions about puberty. |

The lessons will include specific information relating to menstrual products and all female students will be offered a range of free product samples and information to help them understand the menstrual cycle and different ways to manage their periods.

As part of these lessons, we like parents to be actively involved by also communicating with their child about the changes that occur with puberty and adolescence.

Please return this signed consent form if you consent to your child receiving samples of pads, liners and tampons as part of the PDHPE unit.

Please contact the teaching staff if you have any questions about the lesson details, or would like some guidance in discussing this topic with your children.

[Teacher Name]  
[Teacher Title]

I give permission for my child......................................................of class.................to participate in the PDPHE unit puberty lessons and for them to receive product samples.

**Signed................................................ Date........................................**

**Name of Parent/Caregiver................................................................**