

Healthy Body and Mind Workshops for Grades 5-6

Workshop 1 – Puberty, Body Image and Self-Esteem

- Small group activity – What do you know about puberty?
- What is puberty and what causes it to happen (understanding the role of hormones) (optional PowerPoint)
- Physical and emotional changes during puberty (skin, voice, breasts, body outline, weight gain and why it's normal and important during puberty, relationship changes, erections, wet dreams, menstruation)
- Question box – Students will receive a question box to keep in class to put questions they are not comfortable asking in class. Questions will remain anonymous and will be answered at the end of each workshop
- In class practice - Mindfulness and deep breathing

Workshop 2 – Puberty, Body Image and Self-Esteem (continued)

- Mystery bag activity – Students are divided into small groups, each group is given a small bag and will have 5-10 minutes to go through all items (deodorant, sanitary pad, panty liner, tampon, menstrual cup, optional condom) All items are discussed in detail.
- Body image, sense of self, belonging, and media discussion
- Question box answers
- In class practice – Mindfulness and deep breathing

Workshop 3 – Reproduction, Families and Friends

- Small group activity – Label the parts of the male and female reproductive system, including parts of the vulva
- The role of sperm, egg and hormones involved
- Families – Same sex families, adoption, single parent/guardian
- In class activity - Match the definition: In this activity students will learn more about what transgender, gender identity and gender expression mean
- Question box answers
- In class practice – Mindfulness and deep breathing
- Take home activity - Reproduction

Workshop 4 – Healthy Relationships

- Small group activity – Signs of a healthy relationship and signs of a possible unhealthy relationship
- Activity – What if game (What if a boyfriend/girlfriend is being too bossy?)
Scenarios may include texting/sexting and the possible consequences
- Positive ways to end a relationship
- Tools to manage emotions and stress – Talking to trusted family and friends, personal time, exercise, healthy eating...
- Question box answers
- In class practice – Mindfulness and deep breathing
- Take home reading – Every Tom, Dick and Harriet – A Guide to Puberty

Workshop Costs

One workshop = \$ 150

Two workshops = \$ 100/workshop

Three workshops = \$ 80/workshop

Four workshops = \$ 260

Parent Evening or afternoon = \$ 150

Parent workshops are for discussing the program, as well as to learn more about talking to kids about sexual health and body image.

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