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** | |
| TARGET GROUP  PRESENTATION  COST  ENQUIRIES | Grade 6 - 7 Learners  Small groups for boys and girls separately  Quote will be provided  [**Contact us**](mailto:elsabe@procare.co.za) |
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| For more information, costs and bookings [contact PROCARE](https://www.procare.co.za/contact-us-national) | |