

The Island Health Learning Difference

The idea for Island Health Learning grew from a desire to make a real difference in the lives of other people.

I wanted to use my training and experience to benefit the local and global community, especially in the areas of children's health and education.

Island Health Learning is therefore a proud sponsor of the following organisations.



Please contact me if you have any questions regarding my upcoming visit to your school.

Wendy Gregory RN BN (Syd.)



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The
EveryBody!
Program

Primary School
Parent/Carer Information

Age appropriate health, relationship and sexuality programs for children, teens, parents and carers.



Welcome to Island Health Learning!

The **EveryBody!** Program works with students from Kinder to Grade 6 and is aligned with The Australian Curriculum: Health and Physical Education.

Students learn age appropriate information in an interactive and relaxed classroom setting using PowerPoint presentations, group discussions, DVDs, children's story books and take home activities.

Wendy Gregory, the founder of **Island Health Learning**, is a Registered Nurse with over 20 years of experience working with children and their families in hospitals, schools and the community. She holds additional qualifications in child studies, youth work, community services work, alcohol and other drug studies. With a combination of warmth, professionalism and humour, Wendy has a zest for helping children and adults learn, which brings a unique flair to her presentations.

Parents and Carers

Island Health Learning respects and supports the role of family in health, relationship and sexuality education. It promotes family involvement through parent/carers sessions, parent/carers information sessions, in-class discussions and take home activities. **This in-school program is therefore intended to supplement rather than replace home learning.**

Kinder + Prep (2 x 30 minutes)

- Families - their similarities, differences and each person's intrinsic value
- What is needed to make a baby (intercourse is **NOT** defined)
- Basic pregnancy information
- Physical differences between boys and girls - correct names for body parts
- Personal safety and seeking support

Grades 1 + 2 (2 x 30 minutes)

- Families - their similarities, differences and each person's intrinsic value
- Different ways to show love and respect
- What is needed to make a baby (intercourse is **NOT** defined)
- Pregnancy and birth
- Physical differences between boys and girls - correct names for body parts
- Personal safety and seeking support

Grades 3 + 4 (2 x 60 minutes)

- Families - their similarities, differences and each person's intrinsic value
- Different ways of showing love and respect
- Conception, IVF, pregnancy and birth (intercourse **IS** defined)
- Physical differences between boys and girls - correct names for body parts
- Personal safety and seeking support inside and outside the home
- Introduction to puberty – menstruation, wet dreams, personal hygiene, changes in appearance and feelings

Grades 5 + 6 (3 x 60 minutes)

- Families - their similarities, differences and each person's intrinsic value
- Different ways of showing love and respect
- Conception, IVF, pregnancy and birth (intercourse **IS** defined)
- Physical differences between boys and girls - correct names for body parts
- Personal safety – seeking support inside and outside the home
- Puberty – menstruation, wet dreams, personal hygiene, changes in appearance and feelings
- Discussion on choices and responsibilities regarding
 - Respectful relationships
 - Alcohol and smoking
 - Personal safety
 - Peer pressure
 - The internet, mobile phones and sexting

