

School Health Programs – Puberty and Health Education

Ballarat Community Health offers Puberty and Health Education sessions to primary school students in grades 5 and 6. These learning opportunities can be provided individually or as a small package of 3 – 4 sessions.

Alternatively, we can assist with resources such as lesson plans, books and worksheets to support your school in providing puberty education.

As research highlights the benefits of providing puberty education in a holistic way, Ballarat Community Health provides this program together with teachers and in line with VELS outcomes. This creates a supportive teaching and learning environment that can continue to be built upon beyond Ballarat Community Health's involvement.

Additionally, Ballarat Community Health provides opportunities for puberty education support for parents, students and the wider community through Parent and Child Information Sessions and a Puberty Library.

For further information or puberty resources please check out our [website list](#).

Please contact Demelza on (03) 5338 4500 or by email at demelzar@bchc.org.au to register your interest in these or any other school opportunities.

Please note that Ballarat Community Health staff require a minimum of four weeks notice when working in schools.

