

The Connection Program Conversations

Healthy conversations with teens about all aspects of sexuality and healthy relationships.



Lael Stone

Lael Stone is an educator, author, mother and experienced childbirth professional.

She is a certified Aware Parenting Instructor who runs regular workshops and private sessions that empower parents with the ability to create stronger connection and awareness with their children.

She is the author of the *The Connection Program*, a pioneering curriculum for teenage girls that explores puberty, sexuality, relationships and sense of self. Lael is a regular high school guest speaker, engaging with teenagers and students to work through all aspects of sexuality and wellbeing.

Of Lael's three kids, the two teenagers are currently putting all her knowledge and research through its paces!

This short sexual education series is designed to introduce teenage students to the most important aspects of sex, intimacy and sexual health.

Content Developed using The Victorian Department of Education's *Catching on Later Program* and *Resilience, Rights and Respectful Relationships* material, the major topics covered are: **Pregnancy, STI's, Consent and Sex, Pleasure, Sexuality and Influences on Sex.**

Students may make anonymous topic requests in the lead up to the course so that existing or additional content can be tailored to these specific interests.

Delivery Each session runs between 45 to 60 minutes, with a minimum of two sessions recommended to cover all topics. Sessions are a mix of audio-visual presentation, group discussion and sharing, anonymous question time and role play.

Suitability Best suited to students in Years 9 and 10; suitable for both single-sex and co-ed populations.

Enquiries & Bookings

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Birth, Sexuality & Parenting

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