

The Connection Program

The Journey

Helping young women discover their true nature and essence.



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!

Lael Stone

Birth, Sexuality & Parenting

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The world needs young women with strong identities and sense of worth. The *Connection Program* is designed to explore the emotional aspects a young woman's life in the contexts of sexual maturity, self-awareness and greater relationship to the world.

Curriculum The program comprises four 60-minute sessions suitable for classes of 25-30 students. Each session is an in-depth exploration of one of the following topics: **Puberty, Sexuality, Safety** and **Wellbeing**.

Delivery Sessions utilise audio-visual presentation, group discussion and sharing, anonymous question time and role play. Interactivity encourages sharing of thoughts and feelings, while class sizes are kept intentionally small to allow ample opportunity for questions and team work. This structure helps create a safe environment for each girl to form deeper connections with her peers, and encourages vulnerability and openness during the sessions.

Suitability The *Connection Program* is designed for female secondary school students aged 14–15 years old.

Supplementary Classes (1) Parents Session that covers communicating about sexuality and teenage issues; and (2) Extra Sessions to cover additional topics.

Enquiries & Bookings

Contact Lael Stone – lael@laelstone.com.au