

We help families through the information we share

We are an Australian –based company working within NSW

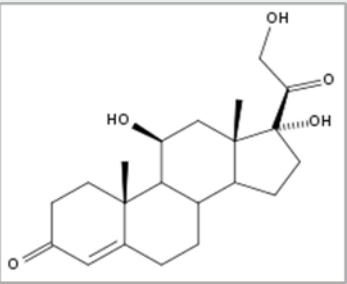
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Online Education— Providing Quality Learning

HORMONES WITH HATS—2023



Full Potential Education and Training
Providing Life Skill Education to our world students.



Online Puberty, Proactive Education 11—14, years 2023

Our Online Puberty Courses meet Australian Curriculum Objectives as outlined in the National, State and Scootle documents.

The Courses are designed for ages 11-14 years. Each pair of books speaks to both the male and female reader at the appropriate age level. The books are divided into two sections, the first section is the story book and the second section is for working in a group or with the family.

The Student Will Learn 11-14 Years: 1) How hormones work and change the body and brain and this can change the way they think and behave. 2) How the demands of the body are driven by hormones and how respect for other people must be understood at all times. 3) How puberty and the role of adulthood has responsibilities. 4)The reaction by the brain and behaviour can be driven by hormones. 5) How the brain can be controlled and the way the student thinks, can result in different hormone release, which can or may lead to unwanted behaviour.

The Books for 11-14 years, are about 130 page story book, which introduces the young adult to the story of how either Jai or Caitlin, together with their friends, start to understand the 'Changes' their bodies are making or changing. Jai is a young Indian boy, who together with his family, have migrated to Australia and lives in Bulahdelah, NSW. Jai, with his best friend Nullah, a First Nation, teen, befriend a boy from Sydney, and all three learn about the Australian bush, puberty from their schoolteacher and Auntie Betty, practising GP and First Nation Elder.

Caitlin lives in Northern Ireland and is a paraplegic who has a goal to enter the future Para-Olympics. Together, with her friend Molly, they learn from Sheena, a research doctor and endocrinologist researching at the university in Northern Ireland, a lot about hormones, and how the body works in different ways, through different hormone activating, at different times, as the girls go through puberty. The story gives a different perspective to 'real life' stories and events in a young person's life.



PUBERTY - ONLINE EDUCATION

We meet the National Curriculum
Objective of Australia.

WHAT THE STUDENT WILL ACHIEVE

◆Our Puberty, Online Courses are designed to keep the student safe as they navigate the journey into adulthood. By doing the course the student's awareness is raised and can take steps to act accordingly, in different situations.

◆By engaging in the lesson, the student gains an understanding of how their body works as they enter puberty.

◆From lesson One, and through the layout of the workbook, the student is encouraged to think and ask questions that have raised issues with them during the session. The questions are sent to us, via email, answers are returned for the following week. This involvement encourages deep, positive thinking and responsibility habits to develop.

◆Each young adult receives a book, which is kept as a reference book that can be used as a life guide later in life. It does become a keepsake item for the teenager.

◆The cost per child 11-14 years \$39.00
3x1 hour sessions.

THIS IS HOW IT WORKS

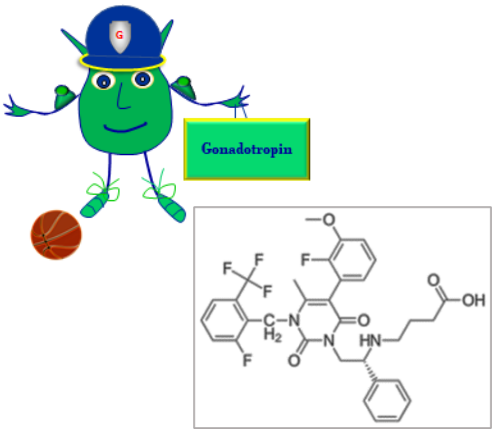
- 1) Initially, once a school has made contact with Full Potential Training & Education, we return to the contact person identifying the school's requirements.
- 2) Prior to booking a package, we send a booking form. The payment, upon booking, is made, once this is done, we then order the books, 'Changes', one for each student and enough for correct number of males and females within the class. At the time of ordering the programme, it is important to let us know how many males and how many females are in the class?
- 3) The books are delivered, by courier, directly from the printer to the school.
- 4) A few days before the booking and class date, we send a secure download link which can be accessed at any time during the next 30 days. If a teacher wants to repeat the class, they have the availability to do so. However, there are only enough books for the class numbers ordered.
- 5) Once the 30 days have expired, the link becomes unusable.
- 6) Immediately the order is paid and processed, through direct email link, we send the downloadable Student Workbook, Teacher's Guide and Certificate, (the Certificate is optional and is used within the teacher's discretion). The workbooks mirror the information being shown, through the voice-over, Power Point presentation to the students.

FOR OUR TEACHERS

Puberty education is a sensitive subject to teach, we understand that, and as having taught the subject for a number of years, understand the complexity of the topic. This is why, together, we have developed these teaching and learning packages.

As a teacher, and while teaching this subject, I knew there was vital information missing which was essential to the student for a complete understanding of the puberty topic. With two years of research, the 'How?' & 'Why?' could be answered, it was the activation of the human sex hormones within the body's system that brings about puberty onset. Such changes will interact with brain development and student behaviour.

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*Changing the way we teach and
understand puberty*