

Dear Parents/Guardians,

**RE: 'Love and Life' Seminar/Reflection Day (Years 7-8)**

We have been invited by your school to come and facilitate a seminar or reflection day. This will be on the topics of self worth, personal identity, good decision-making, love and relationships. Appreciating the important and irreplaceable role you play as parents, we would like to share with you a little about Real Talk and the content we present.

**Real Talk is an organisation that is all about getting REAL on the topics of sex, relationships and personal identity.** Based on Catholic Christian values, Real Talk provides up-to-date resources, presentations and programs that help young people to understand God's amazing plan for love and life.

It is important for young people to know that they are of great value, that they have a purpose and also for them to have an understanding of the topics of relationships and sex. Young people today receive countless mixed messages about these topics, and can be unaware or confused about the precious gift they hold. (Cf: *Catechism of the Catholic Church, 1632; Sacred Congregations for Catholic Education, 1997, 18*)

**We appreciate the importance of the role of parents** in the education of their children. Our aim is to complement and not replace, the present instruction of your children. (Cf: *Familiaris Consortio, 37*)

**Real Talk's Love and Life Seminars/Days** are an opportunity for young people to hear from trained outside presenters about these topics. Real Talk presents this topic in a fun, interactive and contemporary way whilst being real and honest with the students. We seek to encourage and empower students to make positive choices that show respect for others and for themselves.

**Please be reassured** this day focuses on topics that are relevant to this age group. Specifically, our **middle school 'love and life'** sessions include the following elements and topics:

- Being created in the image and likeness of God
- Self worth and appreciating diversity (others and ourselves)
- Making good choices based on respect and love of self and neighbour
- The impact of the media on how we see ourselves and how we act
- The importance of our bodies the value and meaning of sexual body language
- The beauty of healthy relationships and the biblical teaching on sex and marriage
- Fun activities and games
- Personal sharing from the presenters
- Multimedia, reflection and discussion

Valuing your role as parents, the purpose of informing you is in part to allow for pre and post discussion with your child. If you have any queries about your child's suitability or the content of the seminar, please contact your school or check out our website at [www.realtalkaustralia.com](http://www.realtalkaustralia.com).

It is a great honour to speak into the lives of the young people we present to. We look forward to meeting your child / children soon!

Kind regards,



Paul Ninnes (Managing Director, Real Talk Australia)