



# WERRINGTON PUBLIC SCHOOL

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## Talk Soon. Talk Often

Dear parents/carers,

Nepean Blue Mountains Health district have published a guide book for parents about how to talk to the children about sex, called 'Talk Soon. Talk Often'.

This book has been designed for parents and carers and was originally developed by the Western Australia Department of Health, guided by research from La Trobe University. The book aims to establish open and honest communication from early in childhood, with a focus on personal development and self-esteem. Talking soon and talking often, helps parents avoid the need for that 'one big talk'; instead, the book provides them with tips on creating easy conversations about bodies, relationships, health and sexuality, as part of routine communication.

Free copies of this book are available for families from the front office. If you would like a copy sent home, please complete the tear off slip below and return to the office. Please only return one slip.

Kind regards,  
Christine Avery  
Principal

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## Talk Soon, Talk Often

Yes, I would like a copy of "Talk Soon. Talk Often:", sent home with my child.

Child/Children's name/s: \_\_\_\_\_

Class/es: \_\_\_\_\_ Date: \_\_\_\_\_

Parent name: \_\_\_\_\_ Signature: \_\_\_\_\_