

# THE CATHEDRAL COLLEGE

"COME, LIVE LIFE IN ALL ITS FULLNESS" JOHN 10:10



16 July 2025

Dear Parents and Caregivers

Next week students in Year 7 will be involved in personal development sessions. These will be presented by Real Talk. Real Talk is an organisation that gets real on the topics of sex, relationships and personal identity based on Catholic values.

## Key information:

**When:** Monday, 21 July, 2025

**Where:** The Cathedral College

**Times:** Arrive from 8:00am for an 8:30am start. Students will be asked to assemble outside the PA building when the bell goes for class. The seminar will finish at 2:30pm at which time students are free to be collected or depart school. Students not able to be collected, will be supervised until 3:00pm.

**What to wear:** Appropriate free dress including enclosed footwear

**What to bring:** Pen/pencil (no laptop required), morning tea

**Food:** Lunch will be provided.

Real Talk's seminars are an opportunity for young people to hear from specifically trained outside presenters about important topics. The aim is to empower students to make healthy choices that show respect for themselves and others.

Year 7 sessions include the following topics:

- Being created in the image of God
- Self-worth and appreciating diversity
- The impact of the media
- Friendships
- Healthy relationships
- The purpose of sex (love and life)
- Marriage
- Setting goals, boundaries and standards

We appreciate the important role parents have in the sex education of their children, and we aim to complement, and not replace, the present instruction of your children (Familiaris Consortio, 37).

The purpose of informing you is in part to allow you to have pre and post discussion with your child. If you have any queries about your child's suitability or the content of the presentation, please contact us or check out this website at [www.realtalkaustralia.com](http://www.realtalkaustralia.com)

If you have any questions, please do not hesitate to contact the College.

Kind Regards

*Ms Karen Lester*

*Assistant Principal - Students (Middle School)*