



Growing up responsibly Session Summary (Grades VI to VIII)

TMSGRN/CIRC/23-24/90B

3rd January' 2024

Dear Parents,

Warm greetings from The Millennium School, Greater Noida (W)!

We're excited to share with you that on **December 27, 2023, Dr. Gagandeep Kaur, a compassionate Child & Clinical Psychologist and the esteemed Director of Unique Psychological Service**, conducted a thought-provoking workshop tailored for students of Grades VI-VIII at our school on **Growing Up Responsibly**. This transformative session skilfully delved into various aspects of adolescence.

Adolescence is undeniably a dynamic phase marked by profound physical, emotional, and mental changes in every child. Recognizing the significance of understanding and navigating these changes, we endeavoured to create a space for a crucial conversation—a dialogue shedding light on the evolving world of your maturing child.

Shared below are some of the highlights of session, where we delved into important topics aimed at equipping your child with valuable insights for their personal development.

- **Understanding Self-Development:** Explored the concept of physical, mental, and emotional changes during this phase of life, fostering a deeper understanding of self-development.
- **Foundation of Interpersonal Skills:** Discussed love, infatuation, and attraction, emphasizing how attraction serves as the foundation for developing essential interpersonal skills.
- **Respecting Body and Others:** Promoted the importance of respecting one's own body and others, addressing crucial concepts such as menstruation, erections, and societal notions of purity and impurity.
- **Thoughtful Friendship:** Provided guidance on selecting friends wisely, encouraging thoughtful consideration of friendships.
- **Navigating Online Content:** Addressed the addictive nature of pornography, delving into why it can be harmful and offering practical ways to navigate online content responsibly.
- **Understanding Sexual Orientation:** Introduced the concepts of sexual orientation, including gay and lesbian identities, while discussing the potential negative aspects of online content.
- **Timing for Romantic Relationships:** Explored the age-appropriate timing for forming romantic relationships and discussed the factors to consider in this important aspect of life.
- **Recognizing Toxic Relationships:** Identified toxic relationships and discussed strategies for recognizing and dealing with them to foster healthy connections.
- **Concept of Personal Safety:** Introduced the concept of personal safety, guiding students on what, whom, and where to report concerning situations.



This session was crafted with the intention of providing the students with comprehensive insights into various aspects of personal development, relationships, and safety. We ensured that the language used was appropriate for their age and understanding, fostering an environment conducive to open and informed discussions.

We appreciate your partnership in nurturing the holistic development of your child.

Warm regards,

Himani Tyagi.

Dr Himani Tyagi

Principal