

## 2<sup>nd</sup> Growing Up Workshop – Class V

The 2<sup>nd</sup> **Growing Up Workshop** was held on 3rd March, 2022 for the students of Class V.

The workshop focused on the process of physical and emotional development associated with the onset of pre-adolescent age.

In the first session held in July, 2021 the physical and emotional aspects of puberty were discussed.

The second session held in March, 2022 included:

- The importance of respecting self and others
- To distinguish between healthy and unhealthy habits.
- The rules of cyber safety and to distinguish between good chat and bad chat
- The importance of developing Empathy

The session included a healthy interaction and sharing of personal experiences by students. The students participated with great enthusiasm.