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Email: pip@fpwa-health.org.au

Visit our Website: www.people1stprogramme.com.au



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At the *People 1st Programme* (PIP) we provide education and information on such issues:

Feelings: understanding different kinds of feelings.

Self-esteem: feeling good about yourself.

Touching: 'good', 'bad', and confusing touching and what it all means.

Public and private places and spaces: what things are O.K. to do in different places.

Making friends: meeting and talking to new people.

Dealing with 'put downs': bullying and teasing.

Puberty: your changing body, your feelings and becoming an adult.

Sexual relationships: all about sex, feelings and 'love'.

Saying 'yes!' and saying 'no!': making good choices.

You can talk about all these things and anything else you like at PIP. It is important to tell you that everything you talk about at PIP is private.

Interested in any of these? Ring us at PIP on:

PERTH METRO (08) 9227 6414

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