



**TAGORE INTERNATIONAL SCHOOL**  
**VASANT VIHAR, NEW DELHI-57**

**CIRCULAR FOR CLASS VIII**

TIS/ VV/ 2022-23/063

September' 22

Dear Parent,

Comprehensive sexuality education lays the foundation for a healthy and happy life. It involves gender, puberty, consent, relationships, and sexual and reproductive health for all young people.

With the goal to educate our students about the various aspects of sexuality, Tagore International School, Vasant Vihar organized two sessions on Sexuality Education for the students of Class VIII.

**Key highlights of Session 1 conducted on 29th August, 2022**

The session will be conducted in two parts

**Part 1: Co-Ed**

- Physical Changes of Puberty
- Reproductive Anatomy

**Part 2: Sex Specific Session**

- Boys:
  - ✓ Male Reproductive Anatomy and Physiology
  - ✓ Good hygiene practices
- Girls:
  - ✓ Female Reproductive Anatomy and Physiology
  - ✓ Menstruation
  - ✓ Good hygiene practices

**Key highlights of Session 2 conducted on Friday, 06<sup>th</sup> September, 2022**

**Co-Ed**

- Identifying the different factors that influence decisions and values
- Peer Pressure
- Identify ways to establish healthy boundaries and assert one's needs
- Different Forms of Attraction
- Sexual Decision Making and Management
- Managing feelings of Attraction & Sexual Desire
- Managing social and emotional changes during puberty
- Understanding Consent

Both workshops were followed by a Q&A session to satiate the curiosity of these young and impressionable minds.

We encourage you to have open conversations with your children regarding the same. In case of any queries, please feel free to reach out to our Senior School Counsellor - Ms Mehr Lungani at [mehrlungani@tagoreint.com](mailto:mehrlungani@tagoreint.com)

Dr Parul Tyagi  
Principal