

Sexuality Education

More than the Facts of Life

INFORMATION FOR PARENTS



The program has been designed to help schools implement particular aspects of the health curriculum including the physical, social and emotional changes at puberty.

The approach used is simple, straight-forward and sensitive. The content of the sessions is age-specific and interactive, using a variety of audio-visual materials, discussion and games.

The program respects and supports the role of the family in sexuality education.

YEAR 5-6 PROGRAM

▪ **Look I'm Changing**

This session focuses on providing information about the physical changes of puberty for boys and girls. Periods and sperm production are discussed.

▪ **I'm in Charge**

This session will give students an opportunity to discuss some of the common emotional changes that young people may experience at puberty. Discussion of mood swings and their effects will also take place.

▪ **What's It All About**

The process of conception, foetal development & birth are covered in the context of family relationships.



Family Life Victoria Inc.
Excellence in Sexuality Health Education Since 1926

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YEAR 3-4 PROGRAM

■ **Myself and My Family**

This session discusses how families work and what it means to be in a family. Children will learn to understand their own family unit, the key message being that families come in all shapes and sizes.

■ **Body Parts and Functions**

The class will learn how to tell the difference between a male and a female, including exploration of some gender stereotypes. The session will encourage naming of body parts and functions.

■ **Reproduction, Pregnancy and Birth**

Reproduction will be discussed in the context of family relationships, including conception, foetal development & birth.



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