Jamboree Heights State School
Learning for Life

YEAR 5 "TALK ABOUT IT"
Sexual Health and Relationships Program run by Life Education

Dear Parents & Carers,

Jamboree Heights State School will be offering all Year 5 students the opportunity to take part in the "Talk About It" (Sexual Health and Relationships program), which will consist of two 60-90 minute sessions, starting on Monday 14th July through to Thursday 7th August. Please see information regarding the two modules below.

The Sexual Health and Relationships program will be held in the Year 5 classrooms. All programs are delivered by trained Life Education Educators.

Cost of Program: $26.00
Payment and Permission Due Date: Tuesday 24th June 2025
Permission Form to be completed online via **QParents**. Approve if attending, Deny if not participating.

There will be a **Parent Information Session**, for the "Talk About It" Sexual Health and Relationships Program, in the **Year 6 Classroom block** on **Monday 14th July** at **3:15pm**. No RSVP required.

Should you have any further queries or questions, please don't hesitate to contact the office at your earliest convenience.

Yours sincerely

Year 5 Teachers

Module 1 - Who Am I?

60 - 75 minutes
- *Explore the challenges with current messages young people are bombarded with*
- *Examine the effects of self-talk and creating positive sense of self*
- *Define the concept and components of identity*
- *Consider how identity can be influenced by people and places*

Module 2 - Welcome to Puberty

90 minutes
- *Define puberty as an important stage of human development*
- *Identify the physical, social and emotional changes that occur during puberty*
- *Identify strategies and sources of help to respond to unsafe situations*
- *Introduction to menstrual products*

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