



Jamboree Heights State School

Learning for Life

YEAR 6 "TALK ABOUT IT"

Sexual Health and Relationships Program run by Life Education

Dear Parents & Carers,

Jamboree Heights State School will be offering all Year 6 students the opportunity to take part in the "Talk About It" (Sexual Health and Relationships program), which will consist of three 90-minute sessions, starting on Monday 14th July through to Thursday 7th August.

Please see a detailed list that each module covers over the page. The Sexual Health and Relationship program is highly valued in our Senior School and covers topics that prepares each student for their high school journey. If you wish for your child to not participate in the 'Thriving in Puberty' module, please indicate this to your class teacher.

The Sexual Health and Relationships program will be held in the Year 6 classrooms. All programs are delivered by trained Life Education Educators.

Cost of Program: \$38.00

Payment 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 6 Teachers

Principal: Mrs Kathy Canavan e kcana2@eq.edu.au

Deputy Principals: Mr Scott Matthews e smatt138@eq.edu.au | Mrs Lyndel Ivory-Lisle e livor2@eq.edu.au

Mrs Jean Gibbs e jgibb11@eq.edu.au

35 Beanland Street, Jamboree Heights Qld 4074 **phone** 3725 5666 **fax** 3725 5600 **web** www.jamboreeheightsss.eq.edu.au



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Module 1 - Discovering Identity

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 - Navigating Relationships

75 - 90 minutes

- *Explore the nature of changing relationships (including romantic relationships)*
- *Identify healthy, warning and unhealthy characteristics of relationships*
- *Recognise the impact of relationships on personal wellbeing*
- *Explore personal rights, responsibilities, consent and boundaries*

Module 3 - Thriving in Puberty

90 - 120 minutes

- *Define puberty and its significance in sexual maturity*
- *Identify male and female reproductive systems and their purpose*
- *Explore the physical, social and emotional changes that occur during puberty*
- *Introduction to menstrual products*

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