



# Jamboree Heights State School

*Learning for Life*

## LIFE EDUCATION - YEAR 5 "TALK ABOUT IT" (SEXUAL HEALTH AND RELATIONSHIPS PROGRAM)

Dear Parents & Guardians,

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 90-minute sessions, starting on 12<sup>th</sup> August through to 21<sup>st</sup> August. Please see information regarding the two modules on the next page.

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 Life Ed:** **\$32.00**

**Payment and Permission Due Date:** Tuesday 6<sup>th</sup> August 2024

**Permission Form** to be completed online via **QParents**

There will be a **Parent Information Session**, for the "Talk About It" Sexual Health and Relationships Program, in the **Year 6 Classrooms (6G)** on **Monday 12<sup>th</sup> August** at **3:15pm**.

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

Yours sincerely

Mrs Lyndel Ivory-Lisle  
Deputy Principal

**Principal:** Mrs Kathy Canavan e [kcana2@eq.edu.au](mailto:kcana2@eq.edu.au)

**Deputy Principals:** Mr Scott Matthews e [smatt138@eq.edu.au](mailto:smatt138@eq.edu.au) | Mrs Lyndel Ivory-Lisle e [livor2@eq.edu.au](mailto:livor2@eq.edu.au)

Mrs Jean Gibbs e [jgibb11@eq.edu.au](mailto:jgibb11@eq.edu.au)

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## Module 1 - Who Am I?

### 90 minutes

- Understanding the components of healthy relationships-respect, empathy, values, ethical decision making
- Bottled emotions and what to do with them
- Learning in action through role play and small group work
- Learning positive communication techniques and how to use it in conversation and conflict resolution
- Understanding the differences between, helpful and harmful actions and words
- Exploring how to be a good friend
- Personal rights and safety
- Connect the choices the make with short and long term, consequences
- Develop positive attitudes for safer and healthier choices

## Module 2 - Welcome to Puberty

### 90 minutes

- An explanation of the physical, emotional and social changes that occur during puberty
- Male and female reproductive and excretory systems
- Labelling of the internal and external reproductive system of male and female
- Understanding personal rights, body safety, body clues and consent
- Protective behaviours
- The changes boys and girls experience during puberty and how to manage these changes through healthy coping strategies
- Understanding the puberty time frame and what to expect for both males and females
- Explaining menstruation, healthy hygiene, erections and wet dreams
- Demonstration of how to use and dispose of sanitary products
- Exploring coping strategies to deal with mood swings

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