

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 12th August through to 21st 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 6th August 2024

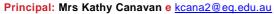
Permission Form to be completed online via QParents

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**th **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









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

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

