



PROGRAM OUTLINE

The Growing up program is Tasmania's leading relationships, sexuality, and protective behaviours program for students from K - 6.

The program is age-appropriate and sequential, and addresses:

- staying physically, emotionally and mentally healthy throughout life
- protective behaviours, peer pressure and self-esteem
- creating and maintaining healthy and meaningful relationships

Family Planning Tasmania recommends that students are provided with relationships, sexuality and protective behaviours education each year.

The Growing Up Program aims to increase positive communication between parents/carers and their children.

Family Planning Tasmania provides a parent/carer information session with every program. This covers the program content and the ways in which parents can support their child's learning. Family Planning Tasmania also provides parent fact sheets and take home tasks in some year levels.

EARLY CHILDHOOD (K-2) 2 X 30 MINUTES

- Topics: public and private body parts, gender, personal safety and hygiene
 - Name parts of the body and describe how their body is growing and changing
 - Identify people and demonstrate protective behaviours that help keep themselves safe and healthy
 - Identify and practise emotional responses that account for own and others' feelings
 - Practise strategies they can use when they need help with a task, problem or situation

LOWER PRIMARY (3-4) 2/3 X 40 MINUTES

- Topics: introduction to puberty, conception, pregnancy, birth, personal safety and hygiene
 - Explore strategies to manage physical, social and emotional change
 - Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe
 - Describe how respect, empathy and valuing difference can positively influence relationships

UPPER PRIMARY (5-6) 3 X 60 MINUTES + 30 MINUTES SINGLE GENDER

- Topics: puberty and adolescence, decision making, sexual safety
 - Investigate resources and strategies to manage change and transitions associated with puberty
 - Plan and practise strategies to promote health, safety and wellbeing
 - Practise skills to establish and manage relationships
 - Examine the influence of emotional responses on behaviour and relationships
 - Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours