
Information for Families

You play an important role in teaching your child about bodies, keeping healthy and staying safe. *The Growing Up Program*, by Family Planning Tasmania (FPT), will help you give your child the correct information at the right time.

Your family and culture may have beliefs and values that you want to teach your child. FPT educators will encourage your child to talk to you, but you might need to start the conversation.

What is *The Growing Up Program*?

The *Growing Up Program* is an age-appropriate, evidence based relationships, sexuality and protective behaviours education program for primary school students. The program addresses the learning outcomes of the Australian Curriculum (Health and Physical Education) and the Respectful Relationships Teaching and Learning Package developed by the Tasmanian Department of Education.

The Growing Up Program gives your child the information they need at the age they need it. This means we start with basic information that is built upon each year of the program from Kindergarten to Grade 6. FPT educators will give grade 5 and 6 students a brochure about puberty and the girls a brochure about periods. FPT educators will often ask students to interview their parents about some of the topics that are covered.

Grade 5/6

Overview

The Growing Up Program for Grades 5-6 requires students to critically analyse information, identify influences in their lives, and establish how these influences can either positively or negatively affect their health and wellbeing, and the health and wellbeing of others.

Students explore the physical, social and emotional changes of puberty in greater depth, and develop and appraise skills and strategies they can use to manage these changes. In doing so, students recognise similarities and differences between people, and learn to value and respect diversity. Students are encouraged to become familiar with their own beliefs and values and those of their family. Encouraging students to be conscious of this aspect of their identity enables them to further explore the process of decision making, taking into account their rights and responsibilities, and the rights and responsibilities of others.

Protective behaviours are built upon in the grade 5-6 program, with emphasis placed on positive bystander behaviour, recognising the characteristics of a respectful relationship and balance of power within respectful relationships.

Focus Areas

- Identity
- Growth and Change
- Respectful Relationships
- Protective Behaviours
- Rights and Responsibilities
- Respecting Diversity
- Decision Making

My child is growing up. What can I expect and how can I support them?

Signs of puberty

- Talk with your child about the changes that will occur as they grow older. It is always helpful for them to be aware that you once went through puberty as well.
- Particularly for girls, puberty can begin from around 8 years old. You may notice breast budding, a growth spurt, underarm hair, and pubic hair.
- Some children may not be interested or may not want these changes to happen. If your child is particularly worried or anxious about puberty, you can talk to your GP.
- Read books about puberty. A booklist and order form will be provided to your school.
- If you believe your daughter may have started puberty, have a purse containing pads and clean underpants in her school and overnight bags.

Start of adolescence and beginning to explore relationships and sexual identity

- Children are learning about sexuality from an early age. Help your child choose clothing, tv shows, movies, music and computer games that are appropriate for their age.
- Discuss your family beliefs, values and expectations about relationships.
- Get to know your child's friends and their parents/carers.
- Talk to your child about the qualities they like in other people.
- Accept and value difference.

Greater interest in mobile phones and social media

- If you decide to give your child a mobile phone, or they are using social media, set rules.
- To join Facebook children must be 13 years old. You could create a family profile and use it together to teach them how be safe and respectful online.
- Teach your child not to share anything private, nor to request anything private from others: phone numbers, addresses, passwords, naked photos etc.

Frequently Asked Questions

Will the classroom teacher attend *The Growing Up Program*?

Yes, FPT requests that classroom teachers attend all sessions of the program with the students so that they are aware of what has been taught and are familiar with the wording that has been used. This enables the classroom teacher to show support for the students, and enables them to answer any questions that you may have about the program.

Can I meet with the educator delivering the program?

A parent/carer information session will be held with the educator delivering the program. During this session the educator will go over course content and explain how the program addresses the requirements of the Australian Curriculum and other curriculum documents. Questions are always welcome during this session.

What if another child in the class asks a question that my child is not necessarily ready for?

Educators are prepared for questions to be asked by children throughout their sessions. These questions will be met with respectful, age-appropriate answers.

How can I support the program from home?

The Growing Up Program educators will encourage your children to talk with you about what they have learnt, however you may need to start the conversation for them. Keep lines of communication open with your children; it is ok to take time to consider your response to a question rather than feeling you must answer straight away.

Are there resources that I can use to support my child's learning?

Yes, the school will be provided with a booklist and order form that outlines a range of books for different ages and stages of learning.

Talk Soon, Talk Often is a fantastic resource for parents/carers and can be accessed at http://www.dhhs.tas.gov.au/publichealth/healthy_communities/talk_soon_talk_often