
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 Early Years Learning Framework, Australian Curriculum (Health and Physical Education) and the Respectful Relationships Teaching and Learning Package developed by the Tasmanian Department of Education.

Kindergarten – Grade 2

Overview

The Growing Up Program from Kinder to Grade 2 introduces students to the concept of growth and change over time, with particular focus on using the correct language for body parts and functions, identifying and differentiating between public and private body parts, and establishing behaviours to promote physical, social and emotional health and wellbeing. Students are taught protective behaviours, and learn to identify the warning signs their body may display in an uncomfortable or unsafe situation, and how to seek help if needed. The content requires students to begin to recognise and manage emotions in order to promote the development of healthy and respectful relationships, with a focus on care for self and care for others.

Focus Areas

- Identity
- Growth and Change
- Respectful Relationships
- Protective Behaviours

What will your child learn?

The Growing Up Program starts with basic information that is built upon each year from Kindergarten to Grade 6. In Kinder to Grade 2, *The Growing Up Program* does not generally teach about sexual intercourse, although some children will have learned this at home from their parents or from other sources.

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

Children may begin to become more curious about their bodies; some may begin touching their own private parts.

- React calmly; do not make them feel guilty or ashamed, it is important to keep lines of communication open.
- Look at books together to learn about similarities and differences between bodies.
- Teach your child about being private and use the term 'private parts' rather than 'rude bits', as we want children to be able to feel comfortable talking to trusted adults about these body parts.

Children may begin to become shy about their bodies.

- Teach them to wash themselves and care for their own private parts.
- Always ask their permission before helping them in the bath.
- Give them more privacy in the bathroom as they grow older.

Children may develop a greater interest in pregnancy or birth.

- Answer questions simply and honestly.
- You may feel more comfortable using nicknames for the penis, testicles, vulva and vagina, but make sure your child is aware of the correct names.

Puberty changes in girls

- Some girls do begin puberty as young as 8 years old. If you do notice budding breasts, underarm or public hair, speak to your child and let them know what to expect.

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

