

Dear Parents and Carers,

Our School will be commencing a Sexuality and Relationships Education program for Stage 3 students. This program meets the needs of our school community and the national curriculum. The lessons will take place on Monday 6th and Tuesday 7th November for students in years 5 and 6.

Sexuality and relationships education is a lifelong learning process. It involves learning about physical growth and development, self-esteem, body image and relationships, a positive attitude towards sexuality, information to care for their bodies now and in the future and the development of skills to make healthy decisions.

What to expect

As part of the program your child will be involved in three Puberty and Personal Development workshop facilitated by Sexual Health and Family Planning ACT (SHFPACT). SHFPACT have been providing comprehensive Sexuality and relationships education to the Canberra community for over 40 years. The SHFPACT sessions will cover the following topics:

- Private body parts
- Developmental changes that occur during puberty
- Typical male and female reproductive systems
- Consent

The workshops are a mixture of large group, small group and discussion-based learning. Our school has decided that some of the workshops will take place in single sex groups. While students will be separated into male and female groups, the content covered is the same.

Parents and carers are the primary sexuality educators of their children. Our school supports parents and carers to provide sexuality and relationships education to their children. Children will be encouraged to ask questions and talk with their parents and other trusted adults about information covered in this, and other sexuality and relationships education programs.

Parent Information Session

In preparation for student workshops, the SHFPACT Educators will be delivering a parent information session in our **year 3/4 classrooms on Thursday 19th October from 5.30pm – 7:00pm.**

During this session, we will discuss sexuality and relationships education – what it is, what it is not and why it is important both in schools and in the home. We will address some common concerns parents hold, discuss effective communication strategies and provide practical tips for supporting your child through puberty and beyond. We will also outline activities and content of the education session SHFPACT will be delivering to students. If you are interested in attending this session, please complete and return the RSVP at the base of this note.

Please do not hesitate to contact the school for further information.

Clare Sullivan
Principal
9/10/2023



I am interested in attending the parent information session held in the Year 3/4 classrooms on Thursday the 19th of October 2023.

Parents name/s

Student name _____ Class _____



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