



Seven Hills West Public School

Year 5

MOVING INTO THE TEEN YEARS



Dear Parents and Carers,

Interrelate, in conjunction with your school, is offering a course for students in Year 5 to prepare them for puberty. 'Moving into the Teen Years' explores a range of adolescent issues and offers a comprehensive sexuality and relationship education program designed specifically for this important time in life.

Today over 40,000 students and family members participate in Interrelate school and family programs each year. Interrelate is committed to protecting the privacy of clients (compliant with the Privacy Act 1998) and maintains an ongoing commitment to quality service delivery.

Year 5 students will attend the 'Moving into the Teen Years' sessions on Wednesday, 24th July, 31st July and 14th August 2019. This course has been subsidised using school funding.

Three 90-minute sessions conducted during school hours.

- A wide variety of creative activities and teaching methods are used during the 'Moving into the Teen Years' program. These include: a take home workbook to encourage parental involvement; detailed visual presentations; class discussions; written and verbal questions; games and other activities.
- At an age when talking about sex with adults can be embarrassing, Interrelate ensures it is not only informative but also an enjoyable learning experience.

Session 1: It's all about Me

Session 2: My Changing Body

Session 3: My Changing Relationships

Program focus

- Acknowledge personal differences and promote respect for, and acceptance of, others
- Increase awareness of personal safety and protective behaviours
- Develop students' understanding of physical development at puberty, and provide strategies for managing these changes
- Discuss different types of relationships and strategies for managing conflict

This program includes a take home workbook to encourage parental involvement. Questions are encouraged and appropriately addressed as an integral part of this program.

If you do not wish for your child to attend the program, please notify their classroom teacher in writing.

If you have any enquiries please do not hesitate to contact the school. This activity has the approval of the Principal

Ms K Becker
Principal
25.06.19

Mrs P Jade-Pierce
Assistant Principal

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A Proud PBL School (Positive Behaviour for Learning)