

## Information for Parents and Carers 3-4

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.

The program promotes respect for self and others; personal rights and responsibilities; communication; safety, tolerance and valuing difference.

The Department of Education, Tasmania, supports schools in providing Relationships and Sexuality Education for students from Kindergarten to Grade 12. The Growing Up Program will help your child learn from the Australian Curriculum: Health and Physical Education.

### 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 grade 3 and 4 the program will focus upon:

Knowledge	Skills	Values and Attitudes
<ul style="list-style-type: none"> <li>Differences between men and women inside and out.</li> <li>Conception, pregnancy and birth</li> <li>Growing and changing (introduction to puberty)</li> <li>Health and hygiene</li> <li>What makes a good friend?</li> </ul>	<ul style="list-style-type: none"> <li>Standing up for yourself</li> <li>Identifying feelings (self and others)</li> <li>Recognising unsafe situations</li> <li>Identifying adults who can help if we feel worried or unsafe</li> <li>Talking to a trusted adult</li> </ul>	<ul style="list-style-type: none"> <li>Everybody has the right to be safe at all times.</li> <li>Nothing is so terrible that I can't tell somebody.</li> <li>I need to have correct information about my body, how I will grow and change.</li> <li>Learning about my body will help me to take care of myself and make healthy choices.</li> <li>I am a unique and special person and I am worthy of respect from others.</li> <li>I have a responsibility to treat others with respect.</li> </ul>

### Questions children ask...

#### **What does sex mean?**

Sex is the way most babies are made. A man's penis is placed in the woman's vagina. Sex is also one way that two adults may show love and affection. It can involve kissing, hugging and touching the private parts of the body.

#### **Why do girls grow breasts?**

Girls grow breasts so that one day, if they decide to have a baby, they are able to feed the baby using their breasts.

### ***How does the baby come out?***

Babies can be born through the mother's vagina. The muscles in the uterus push the baby towards the vagina. This is called labour. Sometimes a vaginal birth is unsafe for the mother or baby, so the mother will have an operation called a caesarean.

### ***Do you have to have sex to have a baby?***

Sex is the way most babies are made. Some parents may need help from a doctor to have a baby – this is called IVF. Other parents may adopt or foster a child.

### **My child is growing up? What can I expect?**

What you may see or hear	What you can do
Puberty can start this early – particularly for girls (growth spurt, breast budding, pubic hair, underarm hair).	<p>Talk with your child about what will change as they grow up. Most children will show some interest in the changes that are happening.</p> <p>Some children may not be interested or may not want the changes to happen. If your child is very worried or anxious about puberty, you can talk to your GP.</p> <p>Share books to assist discussion about puberty.</p> <p>If you think your daughter has started puberty, have a purse containing pads and clean underpants in her school bag or overnight bag.</p>
Interest and curiosity about pregnancy, babies, relationships.	<p>Answer questions simply and honestly.</p> <p>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 his/her age.</p> <p>Discuss your family's beliefs, values and expectations about relationships.</p>
Children want to become more private.	Respect requests from your child for privacy.
Friends or peers become more important. 'ganging-up' and gossiping often increases.	<p>Talk about how things make you feel and how others feel.</p> <p>Give your child the opportunity to sort out friendships troubles by themselves but be there to help them make healthy respectful decisions.</p>