

Information for Parents and Carers Grade 5-6

You play an important role in teaching children about their bodies and keeping healthy and safe. *The Growing Up Program*, by Family Planning Tasmania (FPT), will help your child learn the correct information.

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 (RSE) 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 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.

Knowledge	Skills	Values and Attitudes
<ul style="list-style-type: none"> Physical, emotional and social changes during puberty Conception, pregnancy and birth Relationship between puberty changes and body image Health and hygiene during puberty Healthy vs unhealthy relationships 	<ul style="list-style-type: none"> Talking to a trusted adult about puberty and relationships Strategies for dealing with difficult emotions Decision making strategies Developing positive self-esteem Being assertive Respecting privacy 	<ul style="list-style-type: none"> Everybody has the right to be safe at all times. Nothing is so terrible that I can't tell somebody. I need to have correct information about my body, how I will grow and change. Learning about my body will help me to take care of myself and make healthy choices. I own my body. I am a unique and special person and I am worthy of respect from others. I have a responsibility to treat others with respect.

Questions children ask...

What is masturbation?

That is what we call touching private because it feels good. Masturbation happens in a private place like a bedroom or bathroom. Some boys and girls masturbate and some don't.

How long will my period last?

Each period lasts for a few days and woman will continue to have a period about once a month until her body runs out of eggs. This is called menopause. Most women will stop getting their period by the time they are in their mid- fifties.

What is a condom?

A condom covers the penis during sex to stop infections and pregnancy.

Do I have to have sex?

No. To have sex, both people must agree. Everyone has the right to say no to sex. There are laws in Tasmania called Age of Consent; this law says a person must be 17 or older to agree to sex.

My child is growing up. What can I expect?

What you may see or hear	What you can do
Signs of puberty – 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. Some children may not be interested or may not want the changes to happen.</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>
<p>Girls and boys still feel more secure in same sex groups.</p> <p>Friends become more important.</p>	Get to know your child's friends and their parents/carers.
Start of adolescence and beginning to explore relationships and sexual identity.	<p>Help your child choose age-appropriate clothing, TV shows, movies, music and computer games.</p> <p>Discuss your family's beliefs, values and expectations for relationships and sex.</p>
<p>First romantic feelings or "crushes" may start.</p> <p>Crushes may be on celebrities or older people who they look up to.</p> <p>These can be towards the opposite sex or the same sex. Same sex crushes don't necessarily mean your child is gay but it could.</p>	<p>Talk to your children about what qualities they like in other people.</p> <p>Accept and value difference.</p>
<p>Interest in having a mobile phone or joining Facebook.</p> <p>Stories about young people "sexting".</p>	<p>If you decide to give your child a mobile phone, set rules.</p> <p>To join Facebook children must be 13 years or older. You could create a family profile and use it together to teach them how to be safe and respectful online.</p> <p>Teach your child not to share anything private: phone numbers, passwords, naked photos.</p>