

Information for Parents and Carers K-2

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 (RSE) for students from Kindergarten to Grade 2. 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 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.

Knowledge	Skills	Values and Attitudes
<ul style="list-style-type: none"> The difference between public and private The correct names for the private body parts: penis, testicles, vulva, vagina Where do babies come from? Babies grow in the uterus/womb Rules about touch Families 	<ul style="list-style-type: none"> Ways to take care of our bodies Recognising feelings and emotions Identifying adults who can help when worried or unsafe Seeking help Making healthy choices 	<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 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...

Do girls grow a penis when they are older?

No, girls have a vulva and a vagina.

How does the baby eat and breathe when it's inside the tummy?

When the baby is in the uterus, it doesn't eat with its mouth. The mother eats and breathes. The baby then receives the energy, vitamins and oxygen through the umbilical cord.

How does the baby come out?

The baby can be born through the vagina, or doctors may need to do an operation, called a caesarean.

My child is growing up. What can I expect?

What you may see or hear	What you can do
<p>Interest and curiosity:</p> <ul style="list-style-type: none"> Children may play “Doctors” or “I’ll show you mine if you show me yours”. Touching their own private parts. 	<p>React calmly – don’t make them feel guilty or ashamed.</p> <p>Distract them.</p> <p>Look at books together to learn about the differences between boys and girls.</p> <p>Teach your child about being private.</p> <p>Use the terms “private parts” or “genitals” instead of “rude bits”.</p>
<p>Understanding the differences between boys and girls:</p> <ul style="list-style-type: none"> They can often rely on stereotypes (girls are quiet and boys are noisy; girls like inside games and boys like to play outside) It’s common for children to enjoy dressing up or taking the role of the opposite sex Girls and boys play in same sex groups (boy germs/girl germs). 	<p>Remember, there are different ways of being a girl or a boy.</p> <p>Give both girls and boys a wide range of toys and experiences.</p> <p>Don’t tease boys for liking pink or girls for being tom boys.</p> <p>Don’t tease your child about having a boyfriend or girlfriend if they have a friend of the opposite sex.</p>
<p>Children may become shy about their bodies.</p>	<p>Teach them to wash and care for their own private parts.</p> <p>Ask before helping your child in the shower or bath.</p> <p>Give them more privacy in the bathroom as they get older.</p>
<p>Children become very interested in pregnancy and birth.</p>	<p>Answer questions simply and honestly.</p> <p>You may feel more comfortable using nicknames for the penis, testicles, vulva and vagina, but make sure your child understands and knows the correct names.</p> <p>If you do feel uncomfortable using the correct names, practice saying them out aloud.</p>
<p>Puberty changes in girls.</p>	<p>Some girls do begin puberty as young as 8 years old. If you notice budding breasts or underarm or pubic hair, talk to your daughter and let her know what to expect.</p>