

Information Session for Parents and Carers

Dear Parent/Carer,

Family Planning Tasmania will be visiting your child's class from Monday 3rd July – Thursday 6th July to provide *The Growing Up Program – a relationships, sexuality and protective behaviours program*. The program will run in Years Prep to 6.

Growing Up aims to provide your child with knowledge, skills and attitudes to help him/her make choices for positive emotional, physical and social health.

The program is age-appropriate and topics covered may include:

- Our bodies and how they work including private body parts
- How my body has grown and changed – birth to present
- Rules about touch
- Conception, pregnancy and birth
- Feelings and emotions
- Healthy and safe relationships – face to face and online
- Decision making and communication skills
- Puberty changes
- Valuing diversity

You are invited to attend a parent information session to find out more about *Growing Up* so that you can feel confident about discussing the program with your child. The session will also include tips, strategies and resources for talking about relationships and sexuality.

Date: Monday 3rd July

Time: 9:00am

Venue: School Library

For further information, please contact Ange Burbury on 6267 9230 or angela.burbury@education.tas.gov.au

Glenorchy

421 Main Road, Glenorchy 7010
(03) 6273 9117

Launceston

269 Wellington Street, Launceston 7250
(03) 6343 4566

Burnie

1 Pine Avenue, Upper Burnie 7320
(03) 6431 7692

Growing Up Information for School Newsletters

Growing Up – a relationships, sexuality and protective behaviours program, will be run by Family Planning Tasmania for years Prep to 6, starting on Monday 3rd July. A parent information session will be held at 9:00am on Monday 3rd July in our school Library.

For information about talking to your child about relationships, sexuality and puberty visit:

http://www.dhhs.tas.gov.au/publichealth/healthy_communities/talk_soon_talk_often