

Information about GUP

Grade 3 - Grade 4



The Growing Up Program from Grade 3 to Grade 4 builds upon students' prior knowledge and skills. Students explore the concept of growth and change over time with a particular focus on puberty. We look at the most common changes young people can expect to occur during this time, and establishing skills and strategies to manage these changes.

A strong focus is taken to ensure students are using respectful and appropriate language, including the correct names for private parts of the body, whilst gaining a greater understanding of how their body works and why changes occur as they grow older.

The content provides students with the opportunity to begin to develop an understanding of conception, and enables them to dispel common myths and misinformation. In doing so, students discuss the stages of pregnancy and the needs of a baby prior to and after birth.

The program provides students with the opportunity to explore their identity and in doing so they learn to respect and value diversity in others. This understanding and acceptance provides students with the basis and skills to establish respectful relationships, and enables them to identify and evaluate their rights and responsibilities.

The content allows students to further develop protective and help-seeking behaviours and to critically analyse and respond to scenario situations where help may need to be sought.

The Growing Up Program is aligned with the Australian Curriculum, and is evidence-based.

Focus Areas

- Identity
- Growth and Change
- Respectful Relationships
- Protective Behaviours
- Rights and Responsibilities and
- Respecting Diversity.

Expected changes at this age and stage, and how to support your child

Puberty can begin around this age

- Particularly for girls, puberty can begin from around eight years old. You may notice breast budding, growth spurts, underarm hair, and pubic hair.
- If you believe your daughter may have started puberty, have a purse or pencil case containing pads and clean underpants in her school and overnight bags.
- Talk with your child about the changes they can expect to occur.
- Some children may not be interested or may not want these changes to happen. If your child is particularly worried or anxious about puberty, you can talk to your GP or book an appointment with a doctor at Family Planning.
- Read books about puberty. A booklist and order form will be provided to your school.

Interest and curiosity about pregnancy, babies and relationships

- Answer questions simply and honestly.
- 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 their age.
- Discuss your family beliefs, values and expectations about relationships.

Children are likely to want to become more private

- Respect requests from your child for more privacy.

Friends and peers can become more important, 'ganging up' or 'gossiping' can become more common

- Talk about how things make you feel and how things may make others feel. Open lines of communication can help your child to feel they can talk to you about different situations.
- Give your child the opportunity to sort out friendship troubles by themselves, but be there to help them to make healthy respectful decisions.

Are there resources that I can use to support my child's learning?

Your child's teacher will be provided with a book list and order form for a range of books aimed at different ages and stages of learning. If you would like to order one of these books, please speak with your child's teacher. Parents in the class might like to place a bulk order, which we can deliver to the school. 'Talk Soon, Talk Often' is a fantastic resource for parents and carers. It can be accessed at www.dhhs.tas.gov.au/publichealth/healthy_communities/talk_soon_talk_often

Disclaimer: This content is provided for general information and education purposes only and does not take into account individual circumstances. It is not to be relied on in substitution for specific advice from a medical professional and Family Planning Tasmania does not accept responsibility for such use. Family Planning Tasmania has taken every effort to ensure that the information is up to date and accurate, however information and knowledge is subject to change. Family Planning Tasmania advises that you always consult a medical professional for individual advice.