

# Information about GUP

## Grade 5 - Grade 6



The Growing Up Program from Grade 5 to Grade 6 requires students to critically analyse information, identify influences in their lives, and establish how these influences can either positively or negatively affect their health and wellbeing, and the health and wellbeing of others.

Students explore the physical, social and emotional changes of puberty in greater depth, and develop and appraise skills and strategies they can use to manage these changes. In doing so, students recognise similarities and differences between people, and learn to value and respect diversity.

Students are encouraged to become familiar with their own beliefs and values and those of their family. Encouraging students to be conscious of this aspect of their identity enables them to further explore the process of decision making, taking into account their rights and responsibilities, and the rights and responsibilities of others.

Protective behaviours are built upon in the Grade 5-6 program, with emphasis placed on positive bystander behaviour, recognising the characteristics of a respectful relationship and balance of power within respectful relationships.

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
- Respecting Diversity and
- Decision Making.

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

## Signs of puberty

- Talk with your child about the changes that will occur as they grow older. It is always helpful for them to be aware that you also once went through puberty.
- Open lines of communication can help your child to feel they can talk to you about different situations.
- Particularly for girls, puberty can begin from around eight years old. You may have noticed breast budding, a growth spurt, 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.
- If your son's voice begins to change, do not draw attention to it or make fun of it as it can impact negatively on their self-esteem.
- 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.

## Start of adolescence and beginning to explore relationships and sexual identity

- Young people 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.
- Get to know your child's friends and their parents/carers.
- Talk to your child about the qualities they like in other people.
- Accept and value difference.

## Greater interest in mobile phones and social media

- If you decide to give your child a mobile phone, or they are using social media, set rules.
- To join Facebook users must be 13 years old. You could create a family profile and use it together to teach them how to be safe and respectful online.
- Teach your child not to share anything private, nor to request anything private from others: phone numbers, addresses, passwords, naked photos etc.

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

Your young person'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 young person'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](http://www.dhhs.tas.gov.au/publichealth/healthy_communities/talk_soon_talk_often)

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