

Information about GUP

Kinder - Grade 2



The Growing Up Program from Kindergarten to Grade 2 introduces students to the concept of growth and change over time, with particular focus on using the correct language for body parts and functions, identifying and differentiating between public and private body parts, and establishing behaviours to promote physical, social and emotional health and wellbeing.

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

Students are taught protective behaviours, and learn to identify the warning signs their body may display in an uncomfortable or unsafe situation, and how to seek help if needed.

The content requires students to begin to recognise and manage emotions in order to promote the development of healthy and respectful relationships, with a focus on care for self and care for others.

Focus Areas

- Identity
- Growth and Change
- Respectful Relationships
- Protective Behaviours

What will your child learn at this stage of the program?

The Growing Up Program starts with basic information that is built upon each year from Kindergarten to Grade 6. In Kindergarten 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 and so this may be a source of questioning within the class. Our educators are trained to answer these questions in an age and stage appropriate manner.

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

Children may begin to become more curious about their bodies. Some may begin touching their own private parts.

- React calmly; do not make them feel guilty or ashamed, it is important to keep lines of communication open.
- Teach your child about public and private places. Exploratory touching and self-soothing is normal at this age, however should only touching their own private parts in private places.
- Look at books together to learn about similarities and differences between bodies.
- Teach your child about being private and use the term 'private parts' rather than 'rude bits', as we want children to be able to feel comfortable talking to trusted adults about these body parts.
- You may feel more comfortable using nicknames for the penis, testicles, vulva and vagina, but make sure your child is aware of the correct names.

Children may begin to become shy about their bodies.

- Teach them to wash themselves and care for their own private parts.
- Always ask their permission before helping them in the bath or shower.
- Give them more privacy in the bathroom as they grow older.

Children may develop a greater interest in pregnancy or birth.

- Answer questions simply and honestly.

Puberty changes in girls

- Some girls do begin puberty as young as eight years old. If you do notice budding breasts, underarm or public hair, speak to your child and let them know what to expect.

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.

