

Is your teenager prepared?

Family Planning Tasmania's Relationships and Sexuality Education (RSE) Program

The Secondary RSE Program is an age-appropriate, evidence based relationships, sexuality and protective behaviours education program for secondary school students.

The program addresses the learning outcomes of the Australian Curriculum (Health and Physical Education) and the Respectful Relationships Teaching and Learning Package developed by the Tasmanian Department of Education.

In secondary school, the topics are broken into two age groups:

Grade 7/8

- Sexual Health & Puberty
- Body Image & Self Esteem
- Respectful Relationships
- Consent
- Social Media & Sex
- Pornography

Grade 9/10

- Body Image & Self Esteem
- Sexual Ethics
- Negotiation
- Contraception
- STIs (Sexually transmitted infections)
- Social Media & Sex
- Pornography

The RSE Program teaches protective behaviours, helping young people to identify when a situation is making them feel unsafe, and how and where to access help.

Providing accurate and age-appropriate information helps young people with the knowledge, skills, values and attitudes to make choices which may reduce their vulnerability to abuse, and to develop healthy and fulfilling relationships throughout life.

How to make sure your young person has access to our RSE Program

Often, schools may run a very basic level of RSE education through their existing health program, touching on some of the topics in the list above. Our RSE Program is much more comprehensive, and is delivered by expert educators who are very comfortable delivering the content to this age group.

Contact your child's homeroom teacher, grade coordinator, Health and Physical Education (HPE) teacher, or the school Principal and ask them if they currently engage with Family Planning Tasmania's RSE Program.

If not, you can direct them to our website www.fpt.org.au to find out more and to book.

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