




Growing Up Program FAQs



**Family
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How will our school benefit from participating in The Growing Up Program?

Content covered by The Growing Up Program (GUP) is required to be taught under the Early Years Learning Framework, Australian Curriculum and Respectful Relationships Teaching and Learning Package. Not only does The Growing Up Program provide your students with a high quality, evidence based educational experience led by specially trained educators, it also allows you to take pressure off your classroom teachers.

The Growing Up Program provides class teachers with:

- Program links to relevant curriculum documents
- Pre/post learning activity ideas
- Time to observe and assess students for reporting
- Easy to use assessment documents

The Growing Up Program provides students with:

- High-quality education around relationships, sexuality and protective behaviours
- Age-appropriate information tailored to their specific class group
- A friendly and supportive atmosphere to learn
- Engaging lessons catered to a wide range of abilities and learning styles
- Opportunity to ask questions and dispel myths
- The knowledge and skills to know when and how to seek help

Why book The Growing Up Program over other free programs that are offered?

Australian curriculum aligned and suitable for all ages and stages

The United Nations Convention on the Rights of the Child Article 19 states that ‘States Parties shall take all appropriate legislative, administrative, social and educational measures to protect the child from all forms of physical or mental violence, injury or abuse, neglect or negligent treatment, maltreatment or Exploitation, including sexual abuse...’ (Committee on the Rights of the Child, 2011).

This international law requires all children to have access to protective behaviours education. Unlike many programs offered to Tasmanian Primary Schools, The Growing Up Program is available for all classes, Kinder to Grade 6.

The program is age-appropriate, sequential, and links directly to the learning outcomes of the Early Years Learning Framework, Australian Curriculum and Respectful Relationships Teaching and Learning Package.

Individual attention and interactivity

The educator will work with individual classes, rather than as a whole-school or performance style approach. This allows content to be tailored specifically to each class group and built upon each year. It also enables the educator to establish positive relationships with students.

Learning directly from a trained adult helps to reinforce to children that it is always ok to talk to adults about their bodies, and it provides students with the opportunity to ask questions and receive age-appropriate answers. The educator is also available during the program to talk individually with students to address personal questions or concerns if needed.

Breadth of information

Studies show that protective behaviours education is most successful when embedded within a comprehensive relationships and sexuality education



program. The Growing Up Program covers a broader range of topics than many other programs.

These topics include:

- identity
- growth and change
- respectful relationships
- protective behaviours
- rights and responsibilities
- respecting diversity
- decision making

Activities used with classes not only enable students to build upon their knowledge, but allow them to develop and practice skills and strategies to help to keep them, and others around them, healthy and safe.

Appropriate use of language

In contrast to other programs, The Growing Up Program teaches students the correct anatomical language for private parts of the body. This ensures that all students are speaking about the body in a respectful and appropriate way, can understand one another, and have the language to ask for help, and be understood when such help is sought.

Why is it best to begin The Growing Up Program prior to grade 5 and 6?

Many Tasmanian schools book The Growing Up Program for students from Kindergarten to Grade 6 each year, and this is our preference. Beginning the program in the early years enables students to develop body awareness

and protective behaviours from a young age when children are most vulnerable.

Providing students with the language and skills to speak to trusted adults on such topics enables them to gradually build upon their knowledge, both at school and at home. It is not the intention of the program to take over the role of families in educating their children, however many children may not have a safe space to speak about these topics, or an adult at home they feel comfortable to ask questions of.

The Growing Up Program introduces the topic of puberty at Grade 3, and builds upon student knowledge throughout the upper primary school years. Research has found that children in Australia are showing signs of puberty earlier than in the past. An Australian study in 2015 found that 16% of girls and 7% of boys are showing definite signs of puberty at 8-9 years of age, with 74% of girls and 53% of boys showing signs by 10-11 years of age (Edwards, 2014). This highlights the importance of discussing puberty and the changes children can expect to occur from this age, as many young people will begin to notice signs of puberty, or recognise changes in their peers.

Providing students with the skills and strategies to manage the physical, social and emotional changes associated with puberty helps to take the pressure off classroom teachers, school nurses, office and support staff, and encourages students to be understanding, supportive and respectful of their peers during this time of change.

We look forward to supporting you and your students throughout The Growing Up Program and beyond!



References

Committee on the Rights of the Child. (2011). Convention on the Rights of the Child. Retrieved from: www.unicef-irc.org/portfolios/general_comments/CRC.C.GC.13_en.doc.html

Edwards, B. (2014). Growing Up in Australia: The Longitudinal Study of Australian Children. Family Matters (95), 5-14. Retrieved from: aifs.gov.au/sites/default/files/fm95a.pdf

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