

PROGRAM OUTLINE



The Growing Up Program (GUP) is Tasmania's leading relationships, sexuality and protective behaviours program for students from Kindergarten through to year 6.

It is facilitated by an experienced team of Family Planning Tasmania educators, is age and developmentally appropriate, sequential, and evidence-based.

GUP reflects the latest in sexual and reproductive health research, and aims to maximise learning outcomes, and increase positive communication between parents /carers and their child/children.

The program is aligned to the:

- Australian Curriculum
- Early Years Learning Framework
- Respectful Relationships Teaching and Learning Package

EARLY CHILDHOOD (K-2) 2 X 30 MINUTES

Topics:

- Identity
- Respectful Language
- Growth and Change – Birth to Child
- Physical, Social, Emotional and Mental Health and Wellbeing.
- Respectful Relationships
- Protective Behaviours – Types of Touch, Warning Signs, Public / Private
- Help Seeking Behaviours

LOWER PRIMARY (3-4) 3 X 45 MINUTES

Topics:

- Identity
- Respectful language
- Growth and Change - Child to Adult
- Puberty
- Conception & Birth
- Physical, Social, Emotional and Mental Health and Wellbeing.
- Respectful Relationships
- Protective Behaviours –Types of Touch, Warning Signs, Public / Private
- Help Seeking Behaviours

UPPER PRIMARY (5-6) 3 X 60 MINUTES + 30 MINUTES SMALL GROUP SESSION

Topics:

- Identity
- Respecting Diversity
- Growth, Change & Puberty inc. Understanding the Reproductive System
- Physical, Social, Emotional and Mental Health and Wellbeing.
- Respectful Relationships
- Decision Making
- Managing Influences
- Protective Behaviours
- Help Seeking Behaviours

Contact info

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