



Growing Up Program (GUP) - Kindergarten to Year 2 Information for Parents / Carers / Teachers

The *Growing Up Program* is an age-appropriate and evidence-based, *Relationships, Sexuality and Protective Behaviours* education program aligned with the Australian Curriculum, Early Years Learning Framework, and Respectful Relationships Teaching and Learning Package.

The *Growing Up Program* starts with basic information that is built upon each year from Kindergarten through to year 6.

The *Growing Up Program* for Kindergarten to Year 2 requires students to begin to recognise and manage emotions. It promotes the development of healthy and respectful relationships, with a focus on care for self and care for others.

Focus areas include:

- Identity - beginning to understand identity, learning to respect and value diversity in others.
- Respectful Language - accurate and respectful language including the correct names for body parts
- Growth and Change – exploring how their body changes from a baby to a child
- Wellbeing - promotion of physical, social, emotional and mental health and wellbeing.
- Respectful Relationships - developing basic skills to understand their rights and responsibilities.
- Protective Behaviours – correctly naming body parts and identifying those that are private; understanding the difference between public and private places; types of touch; and learning to identify the warning signs their body may display in a situation that is not ok, uncomfortable, or unsafe.
- Help Seeking Behaviours - how to seek help when needed.

Frequently Asked Questions

- **Will the classroom teacher attend *The Growing Up Program*?**

Yes, the classroom teacher will be present so that they are aware of what has been taught and can support students and answer any questions after the program.

- **Can I meet with the educator delivering the program?**

A parent/carer information session will be available before the program starts.

This session will go over course content and explain how the program addresses the requirements of the Australian Curriculum and student needs.

If you have any questions or concerns you can speak with an educator prior to, or during the program. Your school can arrange this.

- **What if a child in the class asks a question that my child is not ready for?**

Educators are prepared for questions to be asked by children throughout the sessions. These questions will be met with respectful, age-appropriate answers.

- **How can I support the program from home?**

Educators will encourage your children to talk with you about what they have learnt, but you may need to start the conversation for them. Keep communication open; it is ok to take time to consider your response to a question rather than feeling you must answer straight away.

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

Talk Soon, Talk Often is a fantastic resource for families and can be accessed at

<https://www.health.tas.gov.au/publications/talk-soon-talk-often-booklet>

For more information go to advice and information/parents & carers

<https://fpt.org.au/education/>

