



Growing Up Program (GUP) - Year 3 & 4 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 and the 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 year 3 to year 4 builds upon students' prior knowledge and skills. The new topics introduced in this age group are puberty and how babies are made and born. We look at the most common puberty changes young people can expect to occur during this time and explore skills and strategies to manage these changes.

The content delivered during this program is inclusive in language, considers diversity in families and individuals, and considers different ways babies are made and born.

Focus areas include:

- Identity - understanding identity and learning to respect and value diversity in others.
- Respectful Language - including correct names for body parts and functions.
- Growth and Change - understanding how their body works and why changes occur as they grow older.
- Puberty - what puberty is and how to manage puberty changes.
- Conception & Birth - exploring how babies are made and correcting common myths and misinformation.
- Promotion of physical, social, emotional and mental health and wellbeing.
- Respectful Relationships - developing skills to understand their rights and responsibilities.
- Protective Behaviours – types of touch; online safety; 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 and when to seek help, including opportunity to analyse and respond to scenario situations where help may need to be sought for self-and/or others.



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

