



## Growing Up Program (GUP) - Year 4/5 Combined Class 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 a year 4/5 combined class is unique, in that according to the Australian Curriculum what we teach for year 3-4 is different from year 5-6. This means for a year 4/5 combined class we need to address two separate areas of the Australian Curriculum to meet the stages of their development.

For this reason, puberty changes are discussed in more depth looking at the most common puberty changes young people can expect to occur during this time and explore skills and strategies to manage these changes. We also discuss how babies are made and born in greater detail than we would in a year 3-4 class.

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

### Focus areas include:

- Identity – understanding their identity and learning to respect and value diversity in others.
- Respectful Language - including correct names for body parts and functions
- Growth, Change & Puberty - exploring the physical, social and emotional changes and influences of puberty, and developing skills and strategies they can use to manage these changes
- Conception & Birth - exploring how babies are made and correcting common myths and misinformation.
- Wellbeing - 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/>

