



Growing Up Program (GUP) - Year 5 & 6 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 5 and year 6 requires students to critically analyse information, to identify influences in their lives, and establish how these influences can either positively or negatively affect their health and wellbeing, and the health and wellbeing of others.

The program is inclusive in language and considers diversity in families and individuals. Puberty, care/respect for self and for others, and the social aspects of growing up are a big focus in year 5 and year 6. We also investigate the reproductive system and build on students existing knowledge about conception and birth.

Focus areas include:

- Identity - students are encouraged to think about different beliefs and values and explore what it is that makes people who they are, respecting and valuing diversity.
- Growth, Change & Puberty – exploring the physical, social and emotional changes and influences of puberty in greater depth, including understanding of the reproductive system and developing and appraising skills and strategies they can use to manage these changes.
- Exploring strategies to promote physical, social, emotional and mental health and wellbeing.
- Respectful Relationships – exploring the rights and responsibilities of themselves and others and understanding what is ok and not ok in different types of relationships.
- Decision Making – exploring the process of decision making, taking into account the choices we make, influences, and their impact on self and others. E.g. risk-taking and the law.
- Managing Influence - recognising how media, peers, and others in the community (including social media) influence respectful relationships and healthy decision making.
- Protective Behaviours – previous knowledge is reinforced with emphasis placed on recognising the characteristics of a respectful relationship and identifying characteristics of an unhealthy relationship.
- Help Seeking Behaviours – how to seek help, online safety, analysing and responding to scenario situations where help may need to be sought.



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/>

