

## overview & session outline

“Moving into the Teen Years” is a program designed to enhance self-esteem, consolidate previous sexuality and relationship education and help develop communication and decision making skills. Exploring a range of adolescent issues, this comprehensive program is designed for this important time in the lives of senior primary school students.

Schools holding the program have found that boys and girls have a greater understanding and respect for each other. This is reflected in their positive attitude for the remainder of the year and also prepares them for their transition into high school.

Schools also find that the program is a valuable resource for running their Child Protection component. Students are more conversant with sexuality language and often show more maturity.

**Program Structure** Three 90 minute sessions.

A wide variety of creative activities and teaching methods are used during the “Moving into the Teen Years” program. These include: a take home workbook to encourage parental involvement; detailed visual presentations; class discussions; written and verbal questions; games and other activities.

At an age when talking about sex with adults can be embarrassing, Interrelate ensures it is not only informative but also an enjoyable learning experience.

### **Session 1 Understanding My Body**

#### **Aims**

- To relax students by acknowledging their discomfort or embarrassment and to get acquainted by initiating discussion.
- To set ground rules.
- To enhance students’ self-concept by helping them to recognise their individuality and that being different is okay.
- To give students a detailed understanding of the process of human reproduction, including sexual intercourse and foetal development.

#### **Content**

- Introduction and opening
- Contracting/class rules and guidelines
- Establishment of concepts of individuality, uniqueness and diversity
- Review puberty males and females – body parts including genitalia, protective behaviours and personal safety
- Excretory and reproductive systems of males and females
- Take home activity

### **Session 2 Respectful Relationships**

#### **Aims**

- To give students a detailed understanding of what constitutes a healthy relationship
- To explain the idea of respect and attraction in relationships
- To give students a detailed understanding of reproduction, conception, foetal development and birth
- To describe and understand responsibility as students grow and mature

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### **Content**

- Take home self-esteem building exercise
- Develop knowledge and understanding of feelings
- Attraction and dealing with emotions
- How, why and when of a healthy relationship
- Reproduction – conception, sexual intercourse, fertilisation
- Take home activity
- Conclusion – game/exercise

### **Session 3 Taking Charge**

### **Aims**

- To provide an opportunity for students to develop knowledge around decision making and consequences
- To provide an opportunity to examine and practice strategies which can assist students in dealing with issues they may encounter in adolescence including ways of managing stress
- To develop strategies and expectations for high school

### **Content**

- True or False Activity
- Staying Safe and online safety
- Safety Net and trusted adults
- Examine peer pressure
- Decision making scenarios
- Conclusion – game/exercise

### **Parent Information Session**

7.00 – 8.00p.m. Thursday 8<sup>th</sup> October 2020

“Our parent information session is a program designed to inform parents and carers of our primary suite of programs. During the session participants are introduced to the history of Interrelate and the educators. An understanding of the scope of programs delivered is communicated along with the way in which our programs are delivered.

This program aims to assist participants in understanding why we deliver the programs by speaking to the curriculum and gaining knowledge of the topics we cover. Those who partake in this program will have their questions answered and be able to see some of the resources which accompany the student programs.

At the completion of the program parents/ carers have found they are more at ease with the student programs and are willing to have their child participate.

### **The Program**

A skilled Interrelate educator demonstrates the resources and teaching methods used throughout our student programs including visual presentations; curriculum documents and books for sale