



# Family Life Education

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## School Services

*"Very much at the level of the children – great."  
(Yr. 1 Parent)*

Our sexualities and relationships education school program extends from Year 1 to Year 12. It has been in operation since 1996 and has delivered over 9 600 sessions to more than 226000 participants. This program is grounded in a values framework, having its focus on the

healthy affective sexual maturation of the student, while supporting the family structure as the primary source of development in this matter. We believe parent are the primary educator in matters of sexuality and relationships, and as such, all our sessions seek to foster the appreciation of this role of the parent.

*"Very age appropriate, very entertaining. I liked the 'naturalness' of the movie content. Descriptive words were age appropriate. Got the story without too much detail."  
(Yr. 2 Parent)*

Our Sexualities and Relationships Education Program is delivered through a values framework, meaning, unlike other sexuality and relationship programs our primary goal is not health outcomes, but rather the healthy affective sexual maturation of the student. Therefore the content of the program, while containing primarily biological, physiological and other

*"Excellent movie children need/must watch to understand the importance of body parts and how it works."  
(Yr. 5 Parent)*

health related information, is focussed on how the student integrates this content in their life choices and attitudes towards themselves, their family and others. While health outcomes are not our primary focus, we believe that choices based on these values will necessarily inform better health outcomes.

### Year levels covered:

- Years 1 to 6 — The Wonder of Living Program
- Years 5, 6 — Puberty Talks (Gender specific sessions)
- Year 7 — Sexual and Reproductive Health—Fertility, respect and the mental balancing act (gender specific)
- Year 8 — Sexual and Reproductive Health—Combined fertility, respect and relationships (gender specific)
- Year 9 — Sexual and Reproductive Health—Cognitive Development and Choice (gender specific)
- Year 10 — Life, Love and Responsibility (covers sexually transmitted infections and boundaries)
- Year 11 — All Methods of Fertility Management
- Year 12 — Life Choices

### Parent Sessions:

- How to have "The Talk" (Prep to Year 12)
- Wonder of Living Program—Parent Information Session (Years 1 to 6)
- Secondary School—Parent Information Session (Years 7 to 12)

### Professional Development:

- How to engage young people effectively on personal topics of sexuality
- Understanding diversity, human dignity and sexuality
- Forming Sexual Maturity and the role of the teacher (whether you like it or not)
- Other topics upon request



## The Wonder of Living Program

"Best thing that you could introduce into the school. Very informative for the children."  
(Yr. 1 Parent)

The Wonder of Living program is genius in its simplicity. It provides the students with a fun and engaging session talking about babies and answering any questions; and encouraging them to go home and ask their parent/carer about their story of life, or any other question about babies they may have. This simple approach respects that each student has their own story and unique family with a

wide range of diversity, the movie that is shown is only one person's story. The discussion about babies is made age appropriate because the children ask the questions. Furthermore, the session is not learning outcome driven, the positive engagement with topic is the outcome.

"The movie was age appropriate. It was good to use as a start for talks about babies."  
(Yr. 1 Parent)

### Years 1 to 3

This session encourages children to be aware of birth as a special event for them and their families and that everyone is special and unique. It also aims at encouraging the children to be inspired by how babies grow inside the womb.

### Years 4, 5 & 6

This session helps children to further understand the concept of birth, by placing it in a context of family events, relationships and feelings. They are encouraged to realise their unique importance as a person and their important place in the life of the family. This unit helps children understand that being in a relationship involves being cared for and caring for others. As children mature, their ability and responsibility to care for others increases.

"Was very reluctant to show my child this program, but very happy I did. Very age appropriate & well presented. Thank you." (Yr. 1 Parent)

## Puberty Presentations

Puberty talks over the years have proven to be a very effective method of helping young people negotiate the onset of Puberty. The session offers useful advice, information strategies and support to help students understand what is normal and what to expect during puberty. Puberty sessions are always conducted in gender specific groups and preferably in Years 5, 6 separately. Where necessary specialised programs are designed for a combined audience.

### Years 5

The aim of puberty talks at this age level is largely preparatory. The main focus is on hygiene during puberty, and some emotional changes that they can expect. The session also includes tools on

"I learnt about all of the ways our body will change and I feel a lot more confident about being prepared because now I know how to be prepared."  
(Yr. 6 Girl)

how to navigate puberty. Another function of this session is to dispel any myths and misconceptions the children may have about themselves, physically and emotionally.

### Year 6

This session focuses more in depth on the emotional side of puberty changes. This includes some of the pitfalls to be avoided, particularly in the area of relationships, sexuality, and physical attraction. It is a time to provide the opportunity for the students to ask questions they would otherwise not ask and therefore source answers for elsewhere. It is a time to dispel myths and misconceptions about themselves and their development.

"It was good of him to teach us about something we wouldn't usually talk about, it was interesting." (Yr. 6 Boy)

Throughout the 'puberty talks' presentation it is always encouraged and recommended that the students talk to their respective parent or carer regarding any puberty and/or sexuality issues. Students are encouraged to have

"I learnt to talk about it and to know there is nothing wrong with you, you are alright. (Yr. 5 Girl)

ready a list of trusted adults that they feel comfortable to approach and discuss sensitive topics.

*"Thank you so much for being a fantastic presenter throughout my childhood. You have really influenced good things into my life and have helped to make me a respectful young lad. Thank you!"*

(Year 12 Student)



## Family Life Education

### **Years 7, 8 & 9: Sexual and Reproductive Health**

Over the three years of development, these sessions focus on the whole person physically, emotionally and spiritually.

These sessions understand sexual health to be a holistic concept; keeping in mind the term sexual is not in any way a simple focus on sexual intercourse; but rather a much larger concept, including things such as understanding self, interests, culture and belief; and, how these factors influence behaviour towards others and in relationship with others.

*"I really enjoy the talks. There was a few new and helpful things you told me."*

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### **Year 10: Life, Love and Responsibility (Sexually Transmitted Infections)**

Human beings rarely differ in their basic needs and desires. We desire to feel accepted, loved, cared for, respected etc. These social desires and needs manifest in a raft of good and weird behaviours (peer pressure being one of them, which is not always bad). People in general want to live life, love well and be responsible towards themselves and others. However, sometimes we need to be challenged to look again at the decisions we make (or want to make) and consider outcomes and what will help us avoid the ones we don't want. This session focusses on potential outcomes of sexual behaviour and facilitates students to consider their personal boundaries and what protects their dignity and others. Sexually Transmitted Infec-

*"Gave us awareness of future decisions and made us think more wisely of our decisions in life."*

tions is the primary consequence considered, whilst others can be included.

### **Year 11: All Methods of Fertility Management**

Fertility management is an important topic in its own right. This session reframes the discussion to its proper orientation. Relationships. The only reason people need to manage their fertility is because they are in, or plan to be involved in, some kind of relationship with someone of the opposite sex. Therefore, given the knowledge we have around the importance of sexual intercourse in committed relationships, whatever method one chooses to manage couple fertility, there are things to consider beyond method effectiveness such as relationship effects; positive or negative. This session covers all methods of fertility management; chemical, surgical, barriers and natural. All information is accurate and contemporary as possible.

*"Very informative and useful. Young people need to be told these things. Thank you."*

### **Year 12: Life Choices**

The life choices program is the last in the series and as such is an opportunity for students to discuss those aspects of sexuality that they would like to address again or feel they haven't covered. This direction from the students is the highest priority for this presentation and is usually a re-addressing of topics covered in previous sessions. The content of the sessions can vary depending on what contemporary focus seems most relevant to serve as the medium best suited to explore the concept of sexuality and life choices. The aim is to expand the reflective ability of the students in the area of a personal sexual ethic.

## **Year 12 Student Comments**

***"Over the 5 years these talks have been amazing thank-you so much for everything. I really enjoyed every aspect of each lesson. Great communication by the way. Outstanding work!"***

***"Presenter has always been very open and informative. Makes these lessons much less awkward than potentially could be! Thanks for the info over the past years."***

***"Very productive....information really helped with my decision making with sexual intercourse, good job"***

***"Kept it interesting, entertaining and easy to engage in conversation"***

***"Brilliant presenter. Discussions were informative and inclusive. Your time is much appreciated.... You've opened my eyes."***

***"Only a few people are privileged enough to view this presentation. I believe education is the most preventative pregnancy method"***



## 2021 Family Life Education Program Cost

We believe that once you start to walk with young people on their journey to maturity, together with families and schools, you have an ethical obligation not to quit! Therefore, we endeavour to keep costs low and can tailor a package for your school.

Packages range from as little as \$600 and are dependent on student numbers and program structure. Discounts are assigned if a school engages the program for set periods of time i.e 3, 4, 5 etc years. In regional and remote settings costs are kept low when timing can be coordinated by clusters.

*To Book Please Contact:*  
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