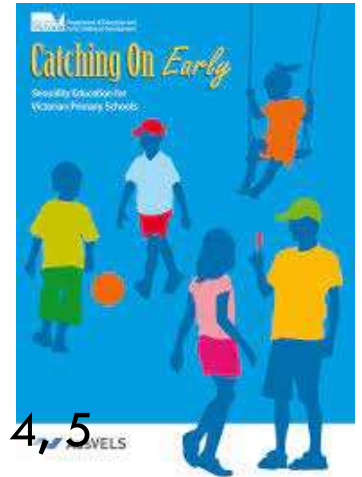


# CATCHING ON EARLY

Personal Development  
Sexuality Education

# INTRODUCTION

- I have been running the personal development sessions with the grade 4, 5 and 6 for the last 5 years.
- ‘Sexuality education is an essential curriculum component of Victoria’s curriculum policy framework. In support of this, the Department’s School Policy and Advisory Guide (DEECD 2012) identifies it as compulsory within Health Education. Catching On Early is an evidence-based resource founded on the latest research into sexuality education and child sexual development.’
- The students participate in 3x 1 hour sessions.



# CATCHING ON EARLY



## Goals

- Students are able to name the parts of the body and understand how they work.
- Have practice at talking and asking for help about feelings, relationships, and their bodies.
- Are prepared for puberty
- Understand the importance of respect in relationships
- Understand how babies are conceived and born.

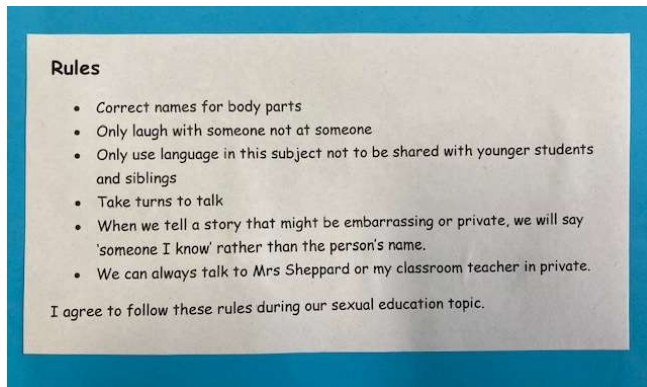
# TWELVE REASONS WHY SEXUALITY EDUCATION IS IMPORTANT IN PRIMARY SCHOOL



- 1 Many children want to know
- 2 Sexuality education provides preparation for puberty and beyond
- 3 Some children enter puberty earlier
- 4 Sexuality education is an essential component of the Victorian Curriculum
- 5 Parents want sexuality education in schools
- 6 Sexuality education helps young people make healthy choices
- 7 Children are saturated with sexual messages
- 8 Boys need sexuality education too
- 9 Gender stereotypes begin to affect children's choices and options
- 10 Sexuality education can be protective against sexual abuse
- 11 Sexuality education brings diverse families to the classroom
- 12 Breaking the ice/Setting the stage

# SESSIONS

## Rules



## Year 4

- Introduction to puberty-  
SC: I can describe and talk about similarities and differences in the way people grow old.
- The amazing story of conception-  
SC: I know how babies are conceived, develop and are born as part of the human life cycle.
- Qualities of friendship-  
SC: I know that a friend is someone I like to spend time with and we share some of the same interests.

# SESSIONS CONT.



## Year 5

- The ups and downs of growing up-  
SC: I know the physical, social, emotional changes that occur puberty.
- They tell me I am going through puberty-  
SC: I know the physical changes of puberty experienced by both girls and boys.
- When will it happen?-  
SC: I know that puberty does not happen all at once. It happens in stages.

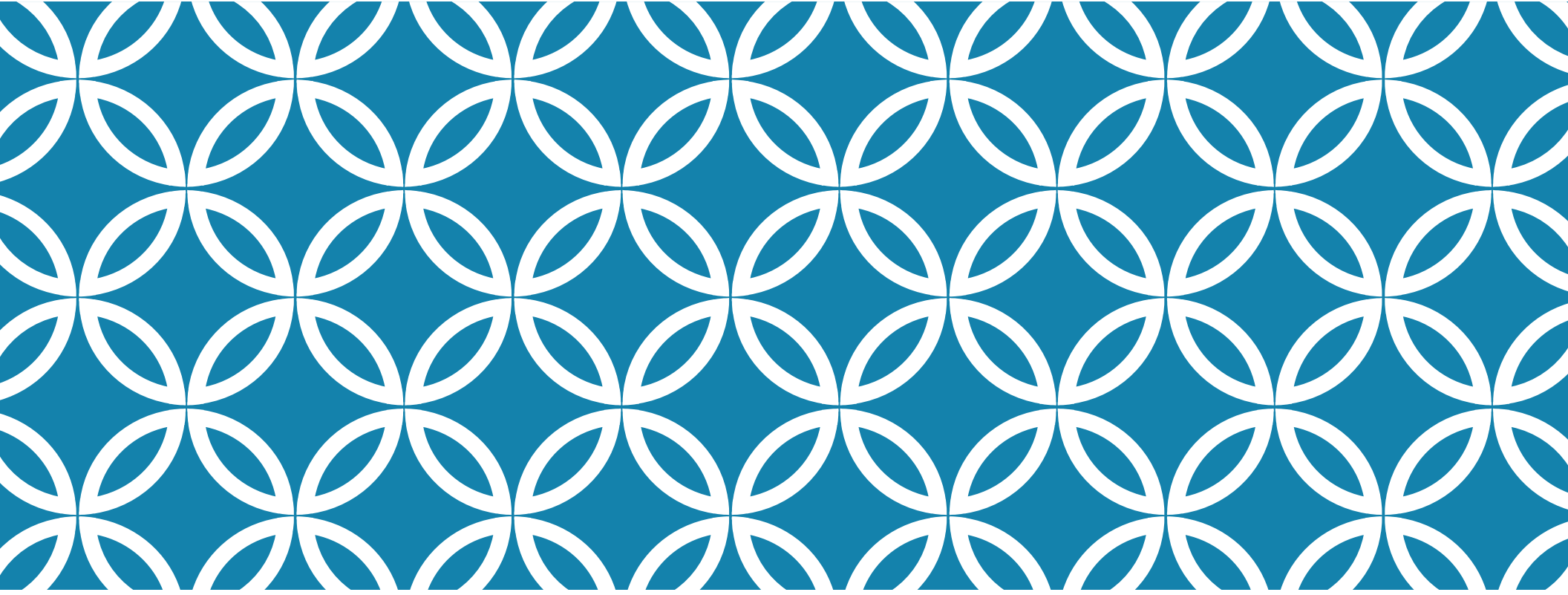
## Year 6

- Coping with body changes-  
SC: There are things I can learn to do to manage puberty changes.
- Menstruation, sperm production and conception-  
SC: I understand the process of menstruation and sperm production.
- Friendship wall-  
SC: I know that puberty also means changing emotions and attitudes and my relationships may grow and change, and there are skills I need for that too.

# GIRL SESSION

- During the last half an hour of the final session I run a girls session where we talk further about periods.
- Facilities that are within the school.





**ANY QUESTIONS????**

<https://fuse.education.vic.gov.au/Resource/LandingPage?ObjectId=ee5cfd49-48e7-4698-a06d-37e2e21cbbd9&SearchScope=Teacher>