

1 August 2022

## YEAR 5 RELATIONSHIPS AND SEXUAL HEALTH PROGRAM

Dear Families,

This year's health program will include the topic of relationships and sexual health. Participation in the lessons aims to improve your child's ability to develop respectful relationships, be confident and happy within themselves and their bodies, and make well-informed and safe decisions regarding their body and their relationships.

Research strongly supports the fact that young people want and need:

- Accurate information about how to keep themselves safe
- To talk with their parents/caregivers about such things as the physical changes of puberty, menstruation, and reproduction
- Opportunities to talk to other adults about different relationships and sexual health issues.

We will be delivering a comprehensive curriculum to students in Year 5 as part of their health program. Topics include;

- Feelings and emotions
- Self-esteem, self-confidence and sexuality
- Gender stereotypes, identity and diversity
- Relationships, consent and peer pressure
- Pubertal changes – including the anatomical names for body parts
- The menstrual cycle
- Reproductive organs

This program will be delivered within a safe and supportive environment. It builds knowledge, develops lifelong skills, and explores attitudes and values. At all times the program will be sensitively addressed and relevant to the needs of the students.

The program aims to support and complement the role of the family in educating young people about relationships and sexual health and for this reason open communication is encouraged at all times. Please let us know if there are particular concerns that we should be aware of – and notify your child's Mentor Group teacher/s if you do not wish for them to participate.

Privacy will be respected. The program **will commence Week 3 of Term 3 (Monday 8 August)** and will be delivered one lesson per week for the remainder of the year.

If you would like further information, please contact Andrew Wise or Carter Felton, who will be delivering the program to the Year 5 students.

Yours sincerely,



Christine Falco

**R-6 WELL-BEING LEADER**



Kevin O'Neil

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