



Online Form - Year 6 Interrelate Program

Activity Name:	Year 6 Interrelate Program
Date/Time:	<ul style="list-style-type: none"> Wednesday 16 October 2024 9:30am - 1:00pm Wednesday 23 October 2024 9:30am - 1:00pm Wednesday 30 October 2024 9:30am - 1:00pm
Description:	<p>This term, Year 6 students will have the opportunity to participate in the Interrelate Program, 'Moving into the Teen Years'.</p> <p>This program, delivered by an outside facilitator, is curriculum-aligned and developed for students preparing to transition to secondary school. Students will look at the physical, emotional, and social changes that occur during puberty, encouraging students to reflect on how this developmental stage may affect their relationships and sense of self. 'Moving into the Teen Years 6' is delivered in a supportive, safe, and open environment, where detailed information is provided about protective behaviours, consent and respect.</p> <p>For further details please see attached note regarding course content.</p> <p>This program will be delivered in classrooms by an outside facilitator, alongside the classroom teacher. Each session will run for approximately 90mins and there will be three sessions.</p>
Cost:	\$48.00
Venue:	Grays Point Public School (109 Angle Road, Grays Point NSW 2232)
Due Date:	Tuesday 15 October 2024

* indicates a required field

I have read the above details and give consent for my child, to attend the Year 6 Interrelate Program *

☐ Yes ☐ No

Student Name:

Parent/Carer Name: *

Parent/Carer Phone Number: *

Parent/Carer Signature: *

Please note: Once you have submitted this consent form, payment can be made via the 'Make Online Payment' button located on this page.

overview & session outline

Moving into the Teen Years Year Six 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 in Terms 1 & 2 have found that students 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.

Consent is a reoccurring theme throughout our School Services Programs and is delivered through topics of protective behaviours and safety strategies and is discussed in years 3-6 for primary schools. Consent is woven throughout this program.

Program Structure

- Three 90 minute sessions with a maximum of **35 students**.
- 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 me and 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, identity 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

overview & session outline

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

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
- Viewing high school video and interactive Q&A's regarding high school
- Conclusion – game/exercise