



📌 Online Form - Year 5 Interrelate Program

Activity Name:	Year 5 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 5 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 age-appropriate. Students will look at relationships and sexuality education and be introduced to the physical, emotional, and social changes that occur with puberty. 'Moving into the Teen Years 5' is designed to enhance self-esteem by encouraging open and guided conversations on how everyone experiences things differently. Students will learn to foster positive management strategies that nurture their sense of self and healthy relationships.</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 5 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 5 program is designed to enhance self-esteem, initiate sexuality and relationship education and develop communication, understanding of correct terms and decision making skills. Exploring a range of issues, this comprehensive program is designed for this important time in the lives of year 5 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 to year 6 and senior primary school students.
- Schools find 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 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 It's all about Me

Aims

- To relax students by acknowledging their discomfort or embarrassment and to get acquainted by initiating discussion.
- To set ground rules.
- To acknowledge individual differences and identity
- To create awareness of self esteem and mutual respect
- Create understanding of male and female differences in body parts
- Personal safety and trusted adults

Content

- Introduction and opening
- Contracting/class rules and guidelines
- Establishment of concepts of individuality, uniqueness and differences
- 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 My Changing Body

Aims

- To describe and understand responsibility as students grow and mature
- To set ground rules.
- To provide an opportunity for students to develop knowledge why changes occur

Content

- Physical development at Puberty
- How, why and when changes occur
- Basic reproduction, conception

Session 3 My Changing Relationships

Aims

- To provide an opportunity for students to develop knowledge of what a relationship is
- To provide an opportunity to examine feelings in relationships
- Understanding mood changes and emotional behaviour
- To develop strategies on how to handle conflict

Content

- Relationship builders activity
- Understand and recognise feelings in relationship
- Strategies to handle conflict through role plays
- Examine peer pressure and the impact of peer relationships
- Decision making scenarios
- Conclusion – game/exercise