# Sexuality and sexual health education information for parents – Example Public School

Dear parents and caregivers

This year, students in [Year X] will be involved in the mandatory subject Personal Development, Health and Physical Education (PDHPE).

Part of our school’s PDHPE program includes sexuality and sexual health education. Some of the content taught in sexuality and sexual health education deals with sensitive issues. The school will teach this content in an age appropriate way.

Some of the specific content which will be covered in sexuality and sexual health education is included on the next page.

For more information about sexuality and sexual health education go to the sexuality and sexual health education section on the Department of Education’s PDHPE website.

Content as part of sexuality and sexual health education will be delivered [XXX lessons] per week throughout the course of the term/ year.

If you would like more information, please contact [Mr/Ms XXXXXX] on telephone [XXXXXXXX] at the school.

## Telephone Interpreter Service

If you need an interpreter to assist you to contact the school, please call the Telephone Interpreter Service on 13 14 50 and ask for an interpreter in your language. The operator will call the school and get an interpreter on the line to assist with the conversation. You will not be charged for this service.

Yours sincerely

[Contact details]

Some of the specific content which will be covered in sexuality and sexual health education includes: [place a tick a box next to each line]

## Early Stage 1

* Personal strengths and qualities
* How people grow and change,
* External body parts (private and non-private)
* Changes in body and abilities since birth
* Personal rights and responsibilities
* Recognising and responding to safe and unsafe situations
* Positive relationships and support networks
* Strategies to stay safe and seek help including No-Go-Tell
* Appropriate and inappropriate touching
* Communication ways to show respect to others
* Making safe decisions

Some of the specific content which will be covered in sexuality and sexual health education includes: [place a tick a box next to each line]

## Stage 1

* Personal identity
* Feelings and body signals
* Relationships with others
* External body parts (private and non-private)
* Changes in body and strengths
* Personal rights and responsibilities
* Recognising and responding to safe and unsafe situations
* Positive relationships and support networks
* Strategies to stay safe and seek help including No-Go-Tell
* Appropriate and inappropriate touching
* Consent
* Communicating and cooperating with others in a respectful way
* Making safe decisions

Some of the specific content which will be covered in sexuality and sexual health education includes: [place a tick a box next to each line]

## Stage 2

* Influences on identity
* Personal rights and responsibilities
* Rights, responsibilities and power in relationships
* Emotions and warning signs in different situations
* Male orfemale characteristics and puberty-related changes and how to manage change
* Positive relationships and support networks to manage change
* Gender stereotypes and expectations
* Recognising and responding to safe and unsafe situations
* Strategies to stay safe and seek help including No-Go-Tell
* Communicating and cooperating with others in a respectful way
* Making informed and safe decisions

Some of the specific content which will be covered in sexuality and sexual health education includes: [place a tick a box next to each line]

## Stage 3

* Personal rights and responsibilities
* Rights, responsibilities and power in relationships
* Types of change, for example. physical changes
* Different experiences, timing and intensity of change associated with puberty eg menstruation, wet dreams
* Help-seeking strategies to manage changes associated with puberty
* Emotions related to feeling unsafe and ways to manage these
* Different types of relationships and why they change
* Gender stereotypes and expectations
* Support networks to seek advice and support for themselves and others
* Strategies to stay safe and seek help including No-Go-Tell