# Sexuality and sexual health education information for parents – [Example High 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 web pages.

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]

## Stage 4

* Caring and respectful relationships
* Rights and responsibilities in different relationships
* Risk taking situations, for example, sexting
* Strategies and plans to keep themselves and others safe in real-life scenarios, for example experiencing unwanted sexual behaviour
* Health products, information and advertising, for example contraceptive products
* Practices in sexual relationships that enhance safety and contribute to positive experiences, for example. negotiating consent, respecting people’s choices, communication
* Ethical behaviours and privacy in online and offline environments and relationships
* Influence of contextual factors on individual decisions and actions, for example sexual relationships, preventive sexual health practices
* Impact of drug use on young people’s decisions and behaviours, for example sexual decisions
* Abuse and power
* Gender stereotypes
* Trusting physical and emotional responses to safe and unsafe situations
* Support networks to seek advice and support for themselves and others
* Bullying and harassment, including homophobic bullying and racism
* Protective strategies to minimise harm and keep them safe including Trust, Talk and Take Control
* Acknowledging and understanding consent in intimate relationships

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 5

Norms, stereotypes and expectations in relation to identity

Behavioural expectations in different relationships and social situations

Communicating personal needs and boundaries

Privacy online and offline

Valuing diversity, difference and inclusivity

Identify and practise ways to give and receive consent

Ethical behaviour online and offline, for example sharing of images

Practise clear no responses to requests from people to send sexual images or videos

Developing equal and respectful relationships

Responses to scenarios where peers are encouraging them to behave in unhealthy or unsafe ways in a variety of contexts, for example sexual behaviours, use of offensive online material, sexting

Identifying early warning signs and assessing behaviours and situations as safe or unsafe

Methods of contraception

Safe sexual health practices

Taking responsibility for managing their own sexual health

Communication, connections and seeking help

Sexual choices and the importance of consent

External influences on sexuality and sexual health behaviours

The influence of marketing strategies on young people’s attitudes, behaviour and perceptions of health, for example sexuality, sexual health

Accessing networks and services to seek advice and support for themselves and others