

Information Session for Parents and Carers

Dear Parent/ Carer,

Family Planning Tasmania will be visiting your child's class from the 14th of June to provide *The Growing Up Program – a relationships, sexuality and protective behaviours program*. The program will run in grades 3, 4, 5 and 6.

Growing Up aims to provide your child with knowledge, skills and attitudes to help them make choices for positive emotional, physical and social health.

The program is age-appropriate and topics covered may include:

- Our bodies and how they work including private body parts
- How my body has grown and changed – birth to present
- Rules about touch
- Conception, pregnancy and birth
- Feelings and emotions
- Healthy and safe relationships – face to face and online
- Decision making and communication skills
- Puberty changes
- Valuing diversity

You are invited to attend a parent information session to find out more about *Growing Up* so that you can feel confident about discussing the program with your child. The session will also include tips, strategies and resources for talking about relationships and sexuality.

Date: Thursday the 14th of June

Time: 8.30 to 9 am

Venue: the teachers learning room

For further information, please contact Risdon Vale Primary School on ph - 62425222

Glenorchy

421 Main Road, Glenorchy 7010
(03) 6273 9117

Launceston

269 Wellington Street, Launceston 7250
(03) 6343 4566

Burnie

1 Pine Avenue, Upper Burnie 7320
(03) 6431 7692

Growing Up Program is coming to Risdon Vale Primary School

Growing Up – a relationships, sexuality and protective behaviours program, will be run by Family Planning Tasmania for grades 3, 4, 5 and 6, starting on the 14th of June. A parent information session will be held at 8.30am on Thursday the 14th of June in the teachers learning room.

For information about talking to your child about relationships, sexuality and puberty visit

http://www.dhhs.tas.gov.au/publichealth/healthy_communities/talk_soon_talk Often