



# Parents' and carers' information letter

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## Staff notes

The purpose of this parent/carer letter is to outline the school's guidelines and approach to Relationships and Sexuality Education, summarise the content to be taught and inform parents and carers of when the program will be delivered. This tool can be edited to suit your needs.

NOTE: This is not a 'permission form', it is an opportunity to communicate content of the sessions. Some families may choose to opt out of the program.

[Date]

[Name]

[Title]

[Organisation]

[Address]

Dear Parents and Carers,

### Re: Level [insert level/s] Relationships and Sexuality Education

We will soon be delivering Relationships and Sexuality Education (RSE) [or insert specific title] to students in Year [insert level/s]. RSE is part of the Victorian Curriculum, mandated through the Child Safe Standards and compulsory for Victorian Government Schools (primary, secondary and specialist).

The Department of Education and Training's School Policy and Advisory Guide states that RSE is a shared responsibility between parents/carers, school based programs and the local health and welfare community. We acknowledge that parents and carers are the primary educators of their children around RSE. Our program supports family communication by providing homework activities and encouraging children to discuss classroom sessions and their family's values at home. Guided by government policy and curriculum guidelines our classes will focus on the following areas:

\*Note: themes of consent and respect are relevant and included in all listed areas.

### Level A

- Feelings
- Body Awareness

### Level B

- Feelings
- Body Awareness
- Identity

## Level C

- Feelings
- Body Awareness
- Identity
- Relationships

## Level D

- Feelings
- Body Awareness
- Identity
- Public and Private
- Puberty
- Protective Behaviours
- Relationships
- Sexual Decision Making

## Foundation

- Growing up
  - Personal Identity
  - Changes in growth and development
- Relationships
  - Emotions
  - Friendships
  - Protective behaviour

## Values and Beliefs

- Challenging stereotypes
- Reproduction
- External reproductive anatomy
  - Public and private

## Levels 1/2

- Growing up
  - Personal Identity
  - Changes in growth and development
- Values and beliefs
  - Exploring difference
  - Self and social awareness

- Relationships
  - Emotions
  - Friendships
  - Protective behaviours
  - Inclusion, belonging and acceptance
- Reproduction
  - External reproductive anatomy
  - Public and private
  - personal hygiene

### Levels 3/4

- Growing up
  - Personal Identity
  - Changes in growth and development
  - Introduction to puberty
- Values and beliefs
  - Diversity
  - The influence of family and peers
  - Ethical behaviour
- Relationships
  - Emotions
  - Friendships
  - Protective behaviours
  - Inclusion, respect and acceptance
- Reproduction
  - Reproductive Anatomy
  - Conception,
  - pregnancy and birth

### Levels 5/6

- Growing up
  - Physical, social and emotional changes of puberty
  - Gender diversity
- Values and beliefs
  - Diversity
  - The influence of family and peers
  - Ethical behaviour (including online)
  - Understanding Sexual content online

- Relationships
  - Emotions
  - Understanding Relationships
  - Protective behaviours
  - Inclusion, belonging and tolerance
- Reproduction
  - Reproductive Anatomy
  - Conception,
  - pregnancy and birth
  - Assisted reproduction

## Levels 7/8

- Growing up:
  - Physical, social and emotional changes of puberty
  - Gender and sexual identity.
  - Personal rights & responsibility
- Values and Beliefs:
  - Diversity
  - Personal identity and values
  - Ethical behaviour (including online)
  - Sexual content online
  - Media literacy and sexuality
- Relationships:
  - Healthy relationships
  - Roles and responsibilities in sexual health
  - Skills and strategies to prevent and resolve conflict
  - Sex and the law,
  - media and community attitudes
- Reproduction and Sexual Health:
  - Reproductive health
  - Accessing health services
  - Sexual behaviours and responses
  - Safer sex including contraception & prevention of STIs

## Levels 9/10

- Growing Up
  - **Gender and sexual identity.**
  - Personal rights & responsibility

- Relationships:
  - Healthy relationships
  - Roles and responsibilities in sexual health
  - Sexual and gender diversity and advocacy.
  - Skills and strategies to prevent and resolve conflict
  - Sex and the law, media and community attitudes
- Values and Beliefs
  - Personal identity and values
  - Influence of family and peers
  - Respect for differing values and beliefs
  - Ethical behaviour (including online)
  - Sexual content online
- Reproduction and sexual health
  - Accessing health services
  - Sexual behaviours and responses
  - Safer sex including contraception & prevention of STIs

If you think there any other topics that should be included in school-based Relationships and Sexuality Education or ask further questions about the program, please contact [insert contact name and details]

The program will be conducted [insert term or date], with the focus being on interactive classroom activities and open discussion. Students are encouraged to contribute and will be given honest, age- and developmentally appropriate answers to their questions.

We look forward to working with you to further your child's health and wellbeing.

Yours sincerely

[Name]

[Job Title]