

**Glendale East Public School**

9/12/2024

**Interrelate 2025 – Year 5 Program Permission Note**

To Parents / Guardians,

Each year, students from Year 5 are asked to participate in the Year 5 Interrelate program “Moving into the Teen Years.” The program explores a range of adolescent issues and offers a comprehensive sexuality and relationship education program designed specifically for this important time in life. It is delivered in 3 x 90-minute sessions, over the course of three weeks. It is important to note that content delivered within this program is consistent with content in the NSW PDHPE syllabus and as such, is mandatory to teach in a NSW Public School.

A brief outline of the program is listed below:

**Session 1:** It’s All About Me

**Session 2:** My Changing Body

**Session 3:** My Changing Relationships

**Program Focuses**

* Acknowledge personal differences and promote respect for, and acceptance of, others
* Increase awareness of personal safety and protective behaviours
* Develop students’ understanding of physical development at puberty, and provide strategies for managing these changes
* Discuss different types of relationships and strategies for managing conflict

A wide variety of creative activities and teaching methods are used during the ‘Moving into the Teen Years’ program including, a take home workbook to encourage parental involvement; detailed visual presentations; class discussions; written and verbal questions; games and other activities.

**WHERE:** Glendale East Public School

**WHEN:** Wednesday 19th February, Wednesday 26th February & Monday 5th March 2025.

**COST:** NIL (This is a school subsidised program)

**Links to KLA:** PDHPE

***We do ask you give your consent online through the School Bytes app.***