

9/12/2024

## Interrelate 2025 – Year 6 Program Permission Note

To Parents / Guardians,

Each year, students from Year 6 are asked to participate in the Year 6 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:** Understanding My Body

**Session 2:** Respectful Relationships

**Session 3:** Taking Charge

### Program Focuses

- Revisit development at puberty.
- Outline the process of human reproduction, including conception, foetal development and birth
- Explore respectful relationships with self, friends and family.
- Enhance students' self-esteem, communication and decision-making skills in relation to taking responsibility, taking care of themselves and respecting others
- Assist students to become aware of the influences on their personal choices and the potential consequences of those choices.

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 19<sup>th</sup> February, Wednesday 26<sup>th</sup> February & Monday 5<sup>th</sup> 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.*

