School Services

Personal Development & Health Education

2018 edition

A subsidiary of Interrelate.

FLV

relationship experts since 1926
Both Interrelate and Family Life Victoria stemmed from the Father & Son Welfare Movement of Australia. Today, Family Life Victoria is a subsidiary of Interrelate.

Interrelate has been a not-for-profit provider of relationship services to individuals, couples, families, children, schools and communities for more than 90 years.

Our working relationship with more than 1000 schools enables us to deliver programs covering bullying, sexuality, puberty and healthy relationships to more than 70,000 children and families. We were the first not-for-profit organisation in Australia to pioneer sexuality education.

Our highly trained school educators deliver a range of programs to assist children and parents/carers to communicate with each other about fundamental emotional and social development issues. We have the acknowledgement of government, education and health authorities to provide relationship education in schools.

In 2017, our anti-bullying and cybersafety awareness programs received accreditation from the Office of the eSafety Commissioner.

You can read more about the programs we offer by visiting our website (www.interrelate.org.au).
Core programs
Core programs are considered our ‘flagship’ foundational relationship and sexuality education programs. The programs support a whole-of-school curriculum approach. The content has been developed to provide consequential learning while building and enhancing the children’s relationship skills.

**Family evening sessions**

**BUNDLE PACKAGE 1**

**Sessions:** 2 x 45-minute sessions (Session 1 and Session 2) with a 15-minute break in between.

**Cost:** The pricing is $25 per family for one session or $30 per family for attending both sessions. The minimum cost per school is $418 incl. GST.

**Session 1: Body Basics**

**Audience:** Year 1 and 2 students and their parents/carers

**Program focus:**
- Discuss the appropriate language for male and female body parts
- Build knowledge of conception, in terms of the sperm and egg joining together for a baby to begin
- Encourage families to talk about some of the features of an unborn baby and what happens at birth
- Enhance awareness of children’s personal safety and protective behaviours

**Session 2: Body Safety**

**Audience:** Year 3 and 4 students and their parents/carers

**Program focus:**
- Discuss and examine protective behaviours
- Identify the early warning signs
- Affirm the right to say ‘no’
- Identify public versus private
- Define inappropriate and appropriate behaviours
- Enhance awareness of children’s personal safety and protective behaviours

**Note:** Younger students are welcome to attend at the discretion of their parents/carers.
### BUNDLE PACKAGE 2

**Sessions:** 2 x 60-minute sessions (Session 1 and Session 2) with a 15-minute break in between.

**Cost:** The pricing is $25 per family for one session or $30 per family for attending both sessions. The minimum cost per school is $418 incl. GST.

### Session 1: Where Did I Come From?

**Audience:** Year 3 and 4 students and their parents/carers

**Program focus:**
- Discuss the male and female reproductive systems, foetal development and the birth process
- Personal safety and protective behaviours

**Note:** Older students are encouraged to attend if they have not previously seen this program.

### Session 2: Preparing For Puberty

**Audience:** Year 5 and 6 students and their parents/carers.

**Program focus:**
- Discuss the physical changes of puberty, emphasising that it can be different for everyone
- Develop students’ understanding of periods and sperm production, as well as the physical, emotional, social and intellectual changes associated with puberty for both boys and girls
- Enhance awareness of children’s personal safety and protective behaviours

**Note:** Younger students are welcome to attend at the discretion of their parents/carers.
School day programs
PROGRAMS FOR STUDENTS UNDER 8

Sessions: 2 x 45-minute sessions (one session is delivered per week over two weeks)
Cost: $517 incl. GST per class for both sessions. Maximum 30 students per session.
Audience: Prep to Year 2 students

Session 1: Me & My Family
Program focus:
- Explore the ways families can be similar and different
- Develop students' understanding of the way a baby's life begins, the features of a baby and the birth process

Session 2: Me & My Body
Program focus:
- Develop students' understanding of male body parts: the penis and testicles
- Develop students' understanding of female body parts: the breasts, uterus, ovaries and vagina
- Enhance awareness of children's personal safety and protective behaviours

PROGRAM FOR STUDENTS AGED 8+

Sessions: 3 x 60-minute sessions (one session is delivered per week over three weeks)
Cost: $775.50 incl. GST per class for all three sessions. Maximum 35 students per session.
Audience: Year 3 and 4 students

Session 1: Me & My Family
Program focus:
- Explore the way families work and what it means to be in a family

Session 2: Body Parts & Functions
Program focus:
- Discuss the difference between males and females, including exploration of some gender stereotypes
- Encourage naming of body parts and functions
Session 3: Reproduction, Pregnancy & Birth

Program focus:
Discuss reproduction in the context of family relationships, including conception, foetal development and birth

KIDS BUILDING CONNECTIONS

Audience: Year 4 students
Sessions: 2 x 90-minute sessions (one session per week over two weeks)
Cost: $726 incl. GST (for two-session program)

Program focus:
- Improve students’ understanding and development of healthy relationships

PROGRAMS FOR STUDENTS AGED 10-12

MOVING INTO THE TEEN YEARS (STANDARD PACKAGE)

Audience: Year 5 students
Sessions: 3 x 90-minute sessions (one session per week over three weeks)
Cost: $1056 incl. GST per class (for three-session program)

Program focus:
- 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

Note: This program can be adjusted to meet the particular needs of the school.
MOVING INTO THE TEEN YEARS (STANDARD PACKAGE)

**Audience:** Year 6 students

**Sessions:** 3 x 90-minute sessions (one session per week over three weeks)

**Cost:** $1056 incl. GST per class (for three-session program)

**Program focus:**
- 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
- Raise awareness of technology and its influence on teens, including strategies for cybersafety
- Discuss expectations in secondary school

**Note:** This program can be adjusted to meet the particular needs of the school.

MOVING INTO THE TEEN YEARS (PREMIUM PACKAGE)

**Audience:** Year 5 and 6 students

**Program focus:** As outlined in the standard packages

**Cost:** $1287 incl. GST per year group (for three-session program)

**Additional extra:** Each student will receive a copy of *100+ Questions Kids Have About Puberty*
Anti-bullying and cybersafety
Anti-bullying and cybersafety programs

Your school may be eligible to access the following programs free of charge, through funding by the Office of the eSafety Commissioner.

**Bullying Awareness Program**

**Sessions:** 1 x 60-minute session  
**Cost:** $429 incl. GST  
**Audience:** Year 3 and 4 students

**Program focus:**  
• Raise the awareness of bullying behaviours  
• Encourage the view that bullying is a problem for the whole school community  
• Promote an atmosphere of mutual respect  
• Develop age-appropriate strategies for bullying situations  
• Focus on ways students can contribute to a bully-free school environment

**Bullying Awareness Program**

**Sessions:** 1 x 90-minute sessions  
**Cost:** $462 incl. GST  
**Audience:** Year 5 and 6 students

**Program focus:**  
• Develop students’ understanding of the nature of bullying, including cyberbullying  
• Provide students with strategies to foster a school culture based on mutual respect  
• Encourage the consideration of the positive roles senior students might play in helping to stop bullying in the school community

**Cybersafe Teens**

**Audience:** Year 5 and 6 students  
**Sessions:** 1 x 90-minute session  
**Cost:** $462 incl. GST

**Program focus:**  
• Help students gain a greater understanding of the online world  
• Provide information to help students stay safe online  
• Provide strategies to respond to cyberbullying and its consequences
Programs for parents and carers

Bullying Awareness Parent Webinars

**Audience:** Parents and carers of primary-school aged children  
**Sessions:** 1 x 45-minute webinar  
**Cost:** Free

**Program focus:**
- Provide parents with practical strategies to implement if they believe their child is being bullied or bullying others
- Teach the skills and knowledge for parents to identify bullying and cyberbullying behaviours, set realistic boundaries for technology use and keep young people safe online

Cybersafety For Parents And Carers

**Audience:** Parents and carers of primary-school aged children  
**Sessions:** 1 x 60-minute face-to-face seminar or 1 x 60-minute webinar  
**Cost:** $25 incl. GST (per person)  
Minimum cost for face-to-face seminar is $363 incl. GST

**Program focus:**
- Internet usage and kids’ attitudes to the digital world
- Setting boundaries in relation to technology use
- Apps, websites, online gaming and sexting
- Cybersafety
- Age-appropriate content and controls
- Keeping young people safe online
- Australian cybercrime laws

Parent Information Session

**Audience:** Parents of primary-school aged children  
**Sessions:** 1 x 60-minute session  
**Cost:** $258.50 incl. GST

We offer a parent and carer information evening to accompany primary-school program bookings. This session provides parents and carers with information about
the content, language and strategies used in our programs. It is helpful for schools as well as parents and carers who may be unfamiliar with our work.

*Podcasts for a range of parent and carer programs are also available.*
Complementary add-ons

Schools can choose from our range of complementary programs to build on and enhance relationship and sexuality education.

**Feeling Safe**

**Audience:** All primary-school students  
**Session:** 1 x 90-minute session  
**Cost:** $258.50 incl. GST  

**Program focus:**  
- Examine protective behaviours  
- Identify early warning signs  
- Affirm the right to say ‘no’  
- Identify public versus private  
- Define inappropriate and appropriate behaviours

**Diversity**

**Audience:** Year 5 and 6 students  
**Session:** 1 x 90-minute session  
**Cost:** $258.50 incl. GST  

**Program focus:**  
- Introduce words surrounding diversity  
- Promote discussion of diverse relationships and bodies  
- Promote acceptance of differences related to gender, culture and religion

**Hygiene**

**Audience:** Year 5 and 6 students  
**Session:** 1 x 90-minute session  
**Cost:** $258.50 incl. GST  

**Program focus:**  
- Develop an understanding of personal hygiene and why it is important  
- Examine the importance of maintaining healthy and clean bodies, as well as issues of hand washing, daily showering, oral hygiene, hair and skin care  
- Discuss the effect puberty can have on hygiene habits
Positive body image

**Audience:** Year 5 and 6 students  
**Session:** 1 x 90-minute session  
**Cost:** $258.50 incl. GST

**Program focus:**
- Promote a healthy and positive body image  
- Discuss the importance of feeling good about our bodies and ourselves

Girls Only – Managing Menstruation

**Audience:** Year 3, 4 and 5 students  
**Session:** 1 x 90-minute session  
**Cost:** $258.50 incl. GST

**Program focus:**
- Develop an understanding of the process of menstruation management, including changes that occur at puberty and the basic female reproductive anatomy
HELPFUL RESOURCES

Interrelate has a range of books for parents and carers and their children. These books answer the Questions Kids Have®, a collection of real questions asked in Australian classrooms.

Purchase the following books and more at www.interrelate.org.au or at a Family Evening Program.

500+ Questions Kids Have About Sexuality
Recommended age: 11+ | Price: $25 incl. GST

A great resource for older primary students, covering puberty, relationships, sexuality and more, that will also be useful in the early teenage years.

100+ Questions Kids Have About Bullying
Recommended age: 8+ | Price: $10 incl. GST

This book offers practical strategies and advice for parents, carers and kids based on real-world examples of bullying and cyberbullying.
100+ Questions Kids Have About Puberty
Recommended age: 8+ | Price: $10 incl. GST

Puberty is the time in our lives when we move from being a child to becoming an adult – and this book has the answers to all of the questions that could ever be asked.

100+ Questions Kids Have About Having A Baby
Recommended age: 8+ | Price: $10 incl. GST

This book covers how babies are born and how different family units can be formed.

For more information or to make a booking, call 03 9813 2377 or email enquiry@familylifevictoria.org.au

Please note: Interrelate’s and Family Life Victoria’s pricing may increase on an annual basis to keep in line with CPI and other program costs.
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