



Year 6 Moving into the Teen Years

To Parents / Guardians,

Interrelate, in conjunction with your school, is offering a course for students in Year 6 to prepare them for High School.

'Moving into the Teen Years' explores a range of adolescent issues and offers a comprehensive sexuality and relationship education program designed specifically for this important time in life.

Please complete the form below and return it to your school with the enrolment fee, prior to the commencement date.

Three 90-minute sessions conducted during school hours

- A wide variety of creative activities and teaching methods are used during the 'Moving into the Teen Years' program. These include: a take home workbook to encourage parental involvement; detailed visual presentations; class discussions; written and verbal questions; games and other activities.
- At an age when talking about sex with adults can be embarrassing, Interrelate ensures it is not only informative but also an enjoyable learning experience.

Session 1: Understanding My Body

Session 2: Respectful Relationships

Session 3: Taking Charge

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 high school

The program will begin on Tuesday Week 5 (in the Year 6 classrooms)

Please complete and return to your class teacher in an envelope by Tuesday 3rd November 2020

I wish to enrol my child/children _____ Class _____

in Interrelate's 'Year 6 Moving into the Teen Years' program.

Signed _____ Date _____

Parent / Guardian