

Tool 3.c Parents and carers information letter

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.

[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 [or insert specific title] to students in Year [insert level/s]. Relationships and sexuality education is part of the Victorian Curriculum.

The Department of Education and Training's School Policy and Advisory Guide states that relationships and sexuality education 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 relationships and sexuality education. Our program supports family communication by providing homework activities and encouraging children to discuss family values at home. Government policy and curriculum guidelines provide a framework for schools in terms of what to teach at each year level. The curriculum focuses on the following topics:

Levels 3/4

- gender stereotypes
- anatomy
- conception, pregnancy and birth
- growing up: life time line – social, emotional and physical changes.



- puberty – outline and introduction

Levels 5/6

- anatomy
- conception, pregnancy and birth
- puberty
 - social and emotional changes
 - physical changes (male and female)
 - friendships and relationships

Levels 7/8

- Growing up:
 - physical, social and emotional changes during adolescence
 - variations in relationships
- Values and Beliefs:
 - personal identity and values
 - influence of family and peers
 - respect for differing values and belief held in local, national and global contexts
- Relationships:
 - positive relationships
 - sexual and gender diversity
 - skill and strategies to prevent and resolve conflict
 - sex and the law, media and community attitudes
- Sexual Health:
 - safer sex, abstinence, contraception and prevention of STI's
 - reproductive health
 - accessing health care
 - sexual decision making

Levels 9/10

- Values and Beliefs:
 - Personal identity and values
 - Influence of family and peers
 - Respect for differing values and belief held in local, national and global contexts
- Relationships:
 - Positive relationships
 - Roles and responsibilities in sexual relationships
 - Sexual and gender diversity



- Sexuality, gender and power
 - Skill and strategies to prevent and resolve conflict
 - Sex and the law, media and community attitudes
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- Sexual Health:
 - Safer sex, abstinence, contraception and prevention of STI's
 - Reproductive health
 - Accessing health care
 - Sexual decision making

If you think there any other topics that should be included in school based relationships and sexuality education, please contact [insert contact name and details]

The program will be conducted in the middle of [Term 4], with the focus being on interactive classroom activities and open discussion. Students are encouraged to contribute and will be given honest and age appropriate answers to their questions. In our experience, students generally handle this topic in a mature and sensitive manner.

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

Yours sincerely

[Name]

[Job Title]