

Family Planning Victoria and the Respectful Relationships Curriculum

Relationships & Sexuality Education Portal
rse.fpv.org.au

Family Planning Victoria (FPV) is committed to the development of Victorian students through increasing access to evidence based Relationships and Sexuality Education (RSE) programs and building the capacity of teachers to effectively deliver this curriculum.

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Combining over 40 years of experience with the latest research, FPV has developed a sustainable, comprehensive whole-school approach to RSE which complements the Department of Education and Training's *Respectful Relationships* curriculum.

FPV provides Victorian schools with resources and expertise in the areas of reproductive anatomy, puberty, contraception, STIs, safer sex, sexual decision making, consent, respectful relationships, protective behaviours, emerging sexuality, gender diversity and ethics in the digital space.

The following resource has been developed to assist educators in their planning and development of curriculum to support the implementation of *Respectful Relationships*. The resource outlines developmentally appropriate sexuality education topics that complement the *Respectful Relationships* curriculum, and links to supporting activities that can be found on Family Planning Victoria's *Relationships and Sexuality Education Portal*.



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Foundation

<i>Topic of RRRR</i>	<i>Focus</i>	<i>Complementary and developmentally appropriate sexuality education</i>	<i>FPV Portal supporting activity</i>
<i>Emotional Literacy</i>	Emotions		Inclusion and exclusion discussion and activities Identifying emotions Responding to emotions
<i>Personal Strengths</i>	Emotions		
<i>Positive Coping</i>	Emotions		
<i>Problem Solving</i>	Friendships/ working with people		Friendship role plays Explore kindness, fairness and respect Discuss how individuals can impact upon the health and wellbeing of others
<i>Help Seeking</i>	People who can help	Protective behaviours Naming of external reproductive body parts	Whom can we ask for help at school? (Catching on Early p58-61)
<i>Gender and Identity</i>	Exploring gender: boys and girls can be the same and different	Public and private body parts, behaviour and places	



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Levels 1 & 2

<i>Topic of RRRR</i>	<i>Focus</i>	<i>Complementary and developmentally appropriate sexuality education</i>	<i>FPV Portal supporting activity</i>
<i>Personal Strengths</i>	Partnerships/ strengths		Robot buddies (Catching on Early p63-67) Ways we care for one another (Catching on Early p78-81) Same and different (Catching on Early p68-71) Say 'hello'(Catching on Early p72-76)
<i>Help Seeking</i>	Who can I ask for help?	Protective behaviours	Revisit and extend the Foundation Level activity "Whom can we ask for help at school?" Also include asking for help at home. (Catching on Early p58-61)
<i>Gender and Identity</i>	Compare personal differences	Naming of external reproductive body parts Public and private body parts, behaviour and places	Same and different (Catching on Early p68-71)
<i>Positive Gender Relations</i>	Respect for others	Celebrating and respecting difference and diversity	



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Levels 3 & 4

<i>Topic of RRRR</i>	<i>Focus</i>	<i>Complementary and developmentally appropriate sexuality education</i>	<i>FPV Portal supporting activity</i>
<i>Emotional Literacy</i>	What emotions look like		Reading our feelings
<i>Positive Coping</i>	Feeling strong emotions		Early warning signals
<i>Problem Solving</i>	Problems in peer situations	The influence of peers	What do you do?
<i>Help Seeking</i>	Help seeking scenarios/situations	Protective behaviours	Welcome with a kiss? Early warning signals These are the people who can... Tell or don't tell? The touching I like The touching I don't like Network hand of helping people
<i>Gender and Identity</i>	My individuality	Anatomy Puberty changes Conception, pregnancy and birth	A different view of me Chug chug Then and now
<i>Positive Gender Relations</i>	Gender norms/gender based violence	Celebrating and respecting difference and diversity	Gender (Catching on Early p132-134)



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Levels 5 & 6

<i>Topic of RRRR</i>	<i>Focus</i>	<i>Complementary and developmentally appropriate sexuality education</i>	<i>FPV Portal supporting activity</i>
<i>Emotional Literacy</i>	Emotions Intense Emotions	Emotional changes experienced during puberty Emerging sexual feelings, including jealousy and rejection	How would you feel?
<i>Positive Coping</i>	Self-Talk Positive/negative self-talk Personal coping profiles	Managing changes during puberty	Interview with a puberty survivor Common concerns about the changing body Coping with body changes (Catching on Early p 158-166) Visualising success
<i>Problem Solving</i>	Exploring what works	Peer influences	Embarrassing situations Dear teen doctor
<i>Help Seeking</i>	Help seeking behaviour	Protective behaviours	Network hand of helping people
<i>Gender and Identity</i>	Born or made Gender opportunity	Reproductive anatomy - internal and external Understanding of sex and reproduction Developmental changes during puberty Understanding diversity	Forced Choice Exploring strategies They tell me this is puberty
<i>Positive Gender Relations</i>	Sexual harassment/sexual assault	Social changes during puberty Celebrating and respecting difference and diversity Consent	Forgive or forget



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Levels 7 & 8

<i>Topic of RRRR</i>	<i>Focus</i>	<i>Complementary and developmentally appropriate sexuality education</i>	<i>FPV Portal supporting activity</i>
<i>Emotional Literacy</i>	Emotional vocabulary Body language	Emotional changes experienced during adolescence	Thinking, feeling, acting
<i>Personal Strengths</i>	Qualities I admire		Big I, little i
<i>Positive Coping</i>	What is self-talk?		Helpful and unhelpful thinking
<i>Problem Solving</i>	Assertiveness	Sexual decision making Accessing health care Sex and the law, media and community attitudes Consent Peer influences	Dear teen doctor Under the influence Friendship scenarios Ways to say no
<i>Gender and Identity</i>	Gender norms Gender and media	Safer sex, contraception and prevention of STIs Reproductive health Personal identity and values	In my opinion What do you think? Stepping out
<i>Positive Gender Relations</i>	Gender based violence	Celebrating and respecting sexual and gender diversity Social changes experienced during adolescence	How would you feel?



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Levels 9 & 10

<i>Topic of RRRR</i>	<i>Focus</i>	<i>Complementary and developmentally appropriate sexuality education</i>	<i>FPV Portal supporting activity</i>
<i>Emotional Literacy</i>	Complex emotions Thinking from different perspectives		Different stories
<i>Problem Solving</i>	Logical models of problem solving Assertive 'I' statements	Sexual decision making Accessing health care Sex and the law, media and community attitudes Influence of family and peers Consent	Who would you go to? Katie and David
<i>Gender and Identity</i>	Refer to the <i>Building Respectful Relationships</i> document	Personal identity and values Safer sex, contraception and prevention of STIs Reproductive health	Singing between the line's Gender stem statements Man in a box
<i>Positive Gender Relations</i>	Refer to the <i>Building Respectful Relationships</i> document	Celebrating and respecting sexual and gender diversity Sexuality, gender and power	Choosing values Home interview: dating Hear, see and feel What is a healthy relationship? Okay or not okay? Warning signals What's the harm? What's going on? Phil and Cindy The porn industry Rate the risk



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Levels 11 & 12

<i>Topic of RRRR</i>	<i>Focus</i>	<i>Complementary and developmentally appropriate sexuality education</i>	<i>FPV Portal supporting activity</i>
<i>Safer socialising</i>	Assertiveness Drawing on strengths in social situations	Sexual decision making Sex and the law, media and community attitudes Influence of family and peers Consent	Party risk taking Stepping out - partying
<i>Gender and Identity</i>	Stereotypes Gender norms	Personal identity and values Safer sex, contraception and prevention of STIs Reproductive health Accessing health care	Singing between the lines Gender stem statements Man in a box
<i>Positive Gender Relations</i>	Gender based violence Asserting standards and boundaries in relationships Pornography, gender and intimate relationships Sexual relationships and etiquette	Celebrating and respecting sexual and gender diversity Sexuality, gender and power	Choosing values Home interview: dating Hear, see and feel What is a healthy relationship? Okay or not okay? Warning signals What's the harm? What's going on? Phil and Cindy The porn industry Rate the risk



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