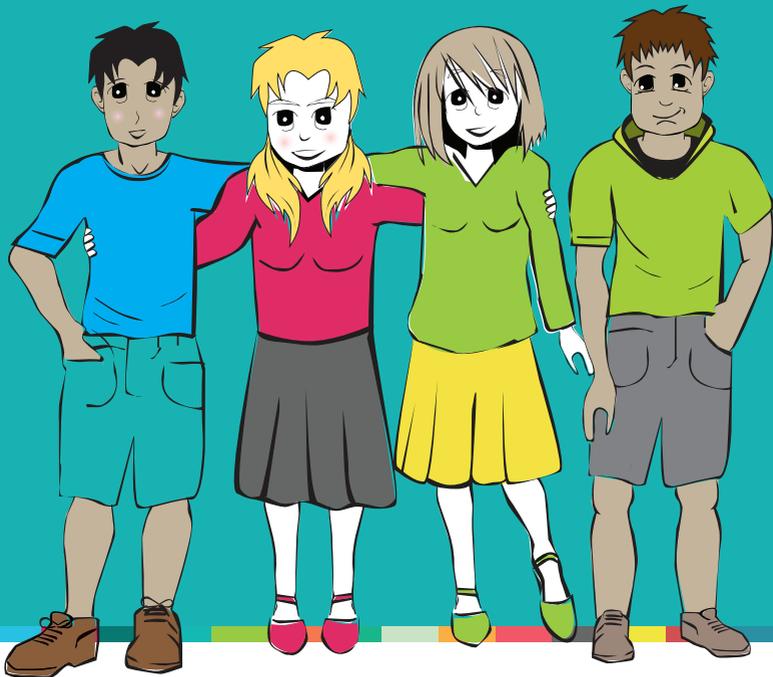


2018
edition



School Services

Personal Development & Health Education



A subsidiary of Interrelate.

 **interrelate**[®]
relationship experts since 1926

Interrelate & Family Life Victoria School Services

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).

A group of young children in a classroom, all with their hands raised in excitement. The children are smiling and looking towards the camera. The background shows a chalkboard with some faint drawings. The floor is made of light-colored wood. A pink banner is overlaid on the top right of the image, containing the text 'Core programs'.

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 sequential 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

ALL ABOUT ME

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+

ME & THE BIG, WIDE WORLD

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 class (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: \$10 incl. GST (per person)

Minimum cost for webinar is \$363 incl. GST

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

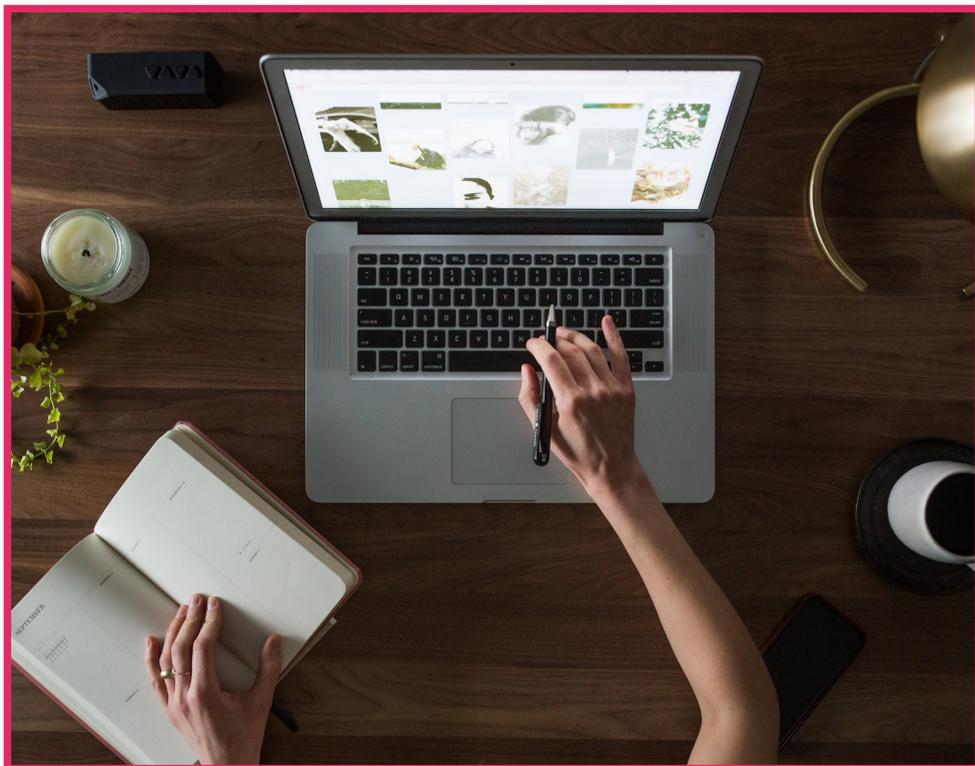
Audience: Parents of primary-school aged children

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.



Supplementary add-ons

Schools can choose from our range of supplementary 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

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

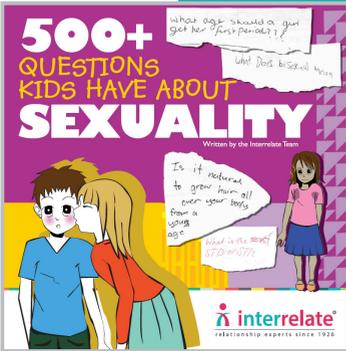
Program focus:

- 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.

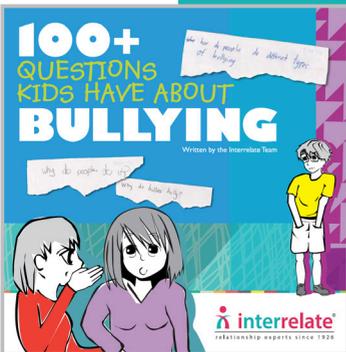
Purchase the following books and more at www.interrelate.org.au or at a Family Evening Program.



500+ Questions Kids Have About Sexuality

Recommended age: 11+ | Price: \$25 incl. GST

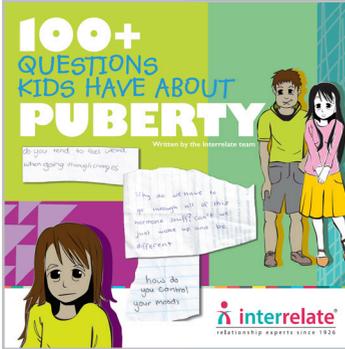
A great resource for older primary students, covering puberty, relationships, sexuality and more, that will also be useful in the early teenage years.



100+ Questions Kids Have About Bullying

Recommended age: 8+ | Price: \$10 incl. GST

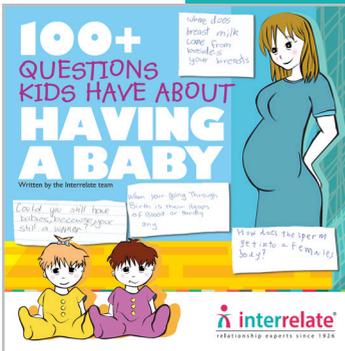
This book offers practical strategies and advice for parents, carers and kids based on real-world examples of bullying and cyberbullying.



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.

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

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www.interrelate.org.au