



2021
edition

High Schools

School Services

Relationship and Sexuality Education



Interrelate School Services

Interrelate empowers people to thrive in the most vital part of their lives – their relationships.

We offer education programs, counselling services and skills development. We enable people to transform their relationships into ones that are centred on respect, and we enable people to transform their relationships.

Interrelate has the acknowledgement of government, education and health authorities to provide relationship education in schools.

There programs can be delivered through a digital platform or face-to-face. Register your interest for these at school.services@interrelate.org.au

Learn more about Interrelate's services at www.interrelate.org.au.

High School programs

Our suite of programs for high schools cover areas of teenage life that are related to sexuality and relationships. Our programs focus on the whole person, including biology, identity, gender resilience and expression of self.

Research shows that if young people are given accurate and reliable information, they are more able to make good choices. Our programs recognise that young people are exploring, creating and developing sense of self. We wish to affirm their development into adulthood.

Programs are delivered with sensitivity and without judgment. The sessions are designed to provide information in order to facilitate discussion. We give positive messages about bodies, choices, autonomy and relationship building.

Our programs enable students to develop the confidence to assert their needs and wants within a relationship. They also help young people to understand that relationships should be consensual, respectful, equal and satisfying for all. Our objective is to ensure young people know the range of possible consequences of relationships and assist in help-seeking behaviour.



A young man with brown hair is shown in profile, focused on typing on a silver laptop. He is wearing a grey and white striped t-shirt. The setting is a library or study area, with bookshelves filled with books in the background. Other students are visible but out of focus, including a woman with dark hair tied up and another student in the foreground. The lighting is warm and natural, suggesting a bright window. A yellow rectangular box is overlaid on the right side of the image, containing the text.

Online programs
years 7 to 10

ONLINE RELATIONSHIPS AND SEXUALITY PROGRAMS

These online programs are available now.

Contact us on school.services@interrelate.org.au to express your interest in running these programs for your high school.

The teacher can guide the students through the modules at a pace that suits their classroom.

Note:

Lessons can be undertaken as single units, in bundles or in entirety. For example, schools may choose to complete all topics in one term or spread them out across the year.

BODY POSITIVITY

Audience: Years 7 - 10

Sessions: 5 topics / 90-minutes in full

Program focus:

- Challenge negative media messages and stereotypes about bodies
- Identify the role of social media in self-image
- Focus on mental and physical health
- Focus on respect of self and others
- Identify ways of getting help

SHADES OF PORNOGRAPHY

Audience: Years 7 and 8 / Years 9 and 10

Sessions: 11 topics / 90-minutes in full

Program focus:

- Define pornography
- Identify pornography in comparison to real relationships
- Identify consequences of pornography on relationships
- Identify consequences of pornography on self-image
- Recognise addiction and problem use of pornography
- Identify ways of getting help



Daytime programs

Face-to-face



STRESS LESS

Audience: Years 10 - 12

Sessions: 1 x 90 minutes

Program focus:

- Teach ways to understand and recognise stress
- Identify stressors and the ways we react to stress
- Teach ways to achieve a school-life-work balance
- Teach ways to set boundaries
- Identify the importance of relationships
- Teach the difference between stress and burnout
- Identify stress-management techniques and explore mindfulness

CHOOSING WELL: RELATIONSHIPS AND SEXUAL HEALTH

Audience: Years 7 - 10

Sessions: 2 x 45-minute sessions

Program focus:

- Understanding ways of identifying healthy relationships
- Discussion and understanding of consent
- Knowledge of ways to feel safe in relationships
- Define sexual health
- Further knowledge of conception
- Develop knowledge of contraception

GAME ON! STAYING SAFE ONLINE

Audience: Years 7 & 8

Sessions: 1 x 90-minute session

Program focus:

- Identify different types of social networks and staying safe online
- Identify private information and ways to protect it
- Teach ways to deal with cyberbullying and trolling
- Explore the fact that cybersafety is everyone's responsibility
- Explore digital citizenship and using technology wisely
- Explore the laws surrounding sexting and how it affects others
- Identify alternatives to sexting

PROGRAM FOR STUDENTS WITH SPECIAL NEEDS

BUILDING CONNECTIONS THROUGH HEALTHY RELATIONSHIPS

Audience: Years 7 - 8

This program has been designed for high-school students with mild intellectual disabilities who are attending IM (in full) classes or mainstream school.

Sessions: 2 x 45-minute sessions

Program focus:

- Cover practical skill development in areas such as effective communication, relationships and positive interactions, making informed decisions and problem-solving
- Identify personal safety and protective behaviours
- Explore healthy relationships and what it means to make good choices
- Explore puberty, including male and female bodies



TESTIMONIALS



BODY POSITIVITY

I have looked at the program, the overview and navigated through a part of the lessons. I really have a great respect for what it delivers. It solidly links to the Australian curriculum and some positives that I would like to put forward are:

- *Great use of current media that will connect with youth, e.g. Photoshopping activity, first impressions and real role models.*
- *Important 'positive' messages about body image were constantly reinforced throughout the program.*
- *Delivery is visual and eye catching, easy to navigate, accessible and would work well in school settings and with student devices as well as on SMART boards to navigate with class together and for videos.*
- *I enjoyed that the program and resources are able to reinforce 'difference' and individuality. Although it discusses body disorders and negative body images, it is able to show students 'how' and influences on this impression.*

Andrea Whyte, PE teacher
Wagga Wagga High School



SHADES OF PORNOGRAPHY

The artwork, design, language, messages, various modes of delivery have been woven together to address a very challenging topic cleverly and (mostly) appropriately.

Before I explored the program, I wondered how you could address a very VISUAL issue like pornography, using a VISUAL program, without using porn. So well thought out and created...

...I think the program is excellent and could be a very useful tool in for addressing this sensitive subject. Well done. Thanks for giving me the opportunity to view this material.

Dave Lumley, Head Teacher PDHPE
NSW Department of Education



STRESS LESS

The content was up-to-date and Hayley was the perfect presenter for our group. Fresh, fit and related to our attendees. I would definitely recommend this program to others.

Sam Hutton

Owner of Motion Fitness Retreats

I enjoyed the program. It was interesting, fun and I learnt something new. What I enjoyed the most about the program was setting my weekly plan and seeing it in writing. It was really good. I would definitely recommend this program to others.

Sam Jones, Student

The Armidale School (Motion Fitness)

I enjoyed the program. I feel more confident now in dealing with stress and liked talking about these things with my friends in the sessions. I would definitely recommend this program to others.

Joe Sewell, Student

The Armidale School (Motion Fitness)



STRESS LESS

I liked recognising my stress and ways to manage it. I needed more time to find out more information but I feel more confident now in dealing with stress. I would definitely recommend this program to others.

Ella Atkin, Student

PLC (Motion Fitness)

I enjoyed the program. I feel more confident now in dealing with stress and liked talking about these things with my friends in the sessions. I would definitely recommend this program to others.

Joe Sewell, Student

The Armidale School (Motion Fitness)

**For more information or to make a booking,
call 1300 i relate (1300 473 528) or email
schoolservices@interrelate.org.au**

www.interrelate.org.au



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