

# School Services

## PRIMARY SCHOOL

### programs





Online



Face-to-face

## School Services **PRIMARY SCHOOL** programs



### **Cybersmart & Safe**

#### **Student Edition**

**Years 4 - 6**

An innovative and interactive program that assists students to safely navigate their online world. This program covers social networking, ways of staying safe online, what is private information and how to protect it and ways to deal with cyberbullying and trolling. Interrelate is a trusted esafety commissioner provider.



### **Cybersmart & Safe**

#### **Parent Edition**

Cyber Smart & Safe parent edition is an innovative program aimed at supporting parents and carers with their primary aged students as they navigate the online world. Participants further their understanding on current issues and develop their knowledge on gaming, cyberbullying, social media use and setting boundaries.



### **Managing Menstruation**

**Years 3 - 6**

The program develops girls' understanding of their changing body, the process of menstruation and ways to manage menstruation. The program includes information on changes experienced at puberty and basic female reproductive anatomy.



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### **Me and the Big, Wide World**

#### **Years 3 - 4**

Explores and creates awareness of different families through discussing what it means to be in a family. This program examines body parts, foetal development, and strategies to be safe including protective behaviours.

Consent is a reoccurring theme throughout our School Services Programs and is delivered through topics of protective behaviours and safety strategies and is discussed in years 3-6 for primary schools. Consent is woven throughout this program.



### **Moving into the Teen Years (MITTY 5)**

#### **Year 5**

Designed to enhance self-esteem, initiate sexuality, and relationship education. This program will develop understanding of correct anatomical names of body parts and decision-making skills.

Exploring a range of issues, this comprehensive strengths-based program encourages positive and mature attitudes. Students who participate learn how everyone experiences puberty differently, identify positive coping strategies and begin to reflect upon their sense of self.

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### **Moving into the Teen Years (MITTY 6)**

#### **Year 6**

Builds upon *MITTY 5* by consolidating previous sexuality and relationship education. Examining a range of adolescent issues, this program is designed for an important time in the lives of senior primary school students.

Tackling identity, respect, transition to high school, sexuality and decision making. Consent is a reoccurring theme throughout our School Services Programs and is delivered through topics of protective behaviours and safety strategies and is discussed in years 3-6 for primary schools. Consent is woven throughout this program.



### **Tricky Talks<sup>®</sup>**

(Formerly Family Evening)

#### **Where Did I Come From**

##### **Years 3 - 4**

#### **Preparing for Puberty**

##### **Years 5 - 6**

Tricky Talks sessions invite the adults along with their child. Interrelate present information on structure and functions of the reproductive system in males and females, conception, foetal development including birth, physical changes, and emotional changes at puberty.

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### **Primary Schools Programs Information Session**

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.

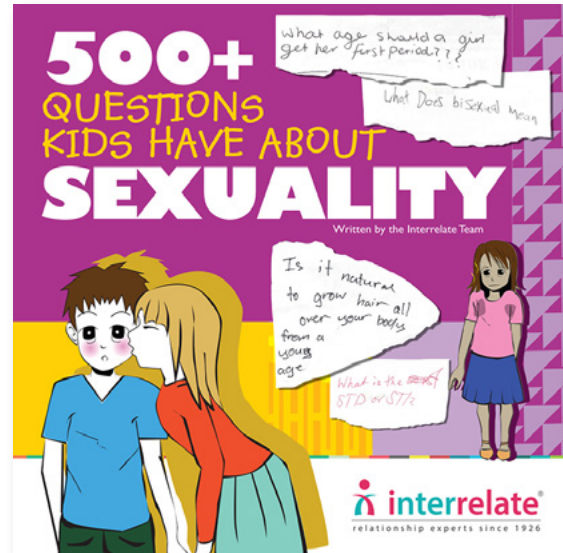


Purchase the following books at [interrelate.org.au](http://interrelate.org.au) or in person at Tricky Talks, Cybersmart and Safe (Parent Edition) and Primary Schools Programs Information Session.

## HELPFUL RESOURCES



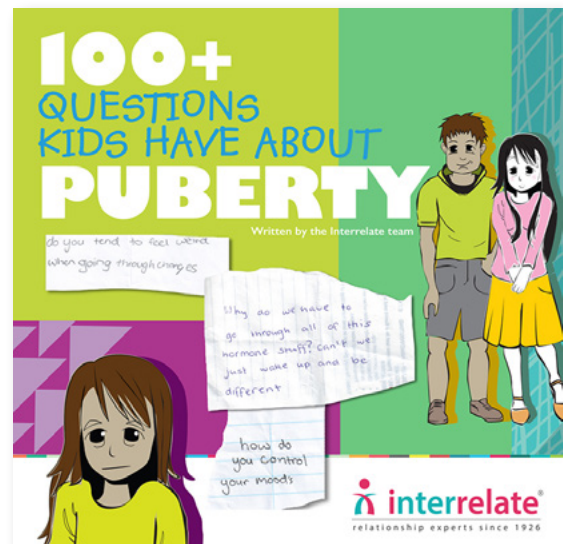
This book offers practical strategies and advice for parents, carers and kids based on real-world examples of bullying and cyberbullying.



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



This book covers how babies are born and how different family units can be formed.



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.