



Interrelate Year 5

To Parents / Guardians,

Interrelate Family Centres, in conjunction with your school, is offering a course for students in Year 5.

This fun and informative program explores the value of good communication within families and relationships, as a way of better understanding each other and reducing conflict. It provides students with a basic knowledge of male and female development at puberty, with an emphasis on developing a positive attitude to change.

Program Structure

- Three 90 minute sessions .
- A wide variety of creative activities and teaching methods are used during the program. These include: a take home workbook to encourage parental involvement; detailed visual presentations; class discussions; written and verbal questions; games and other activities.

Session 1: It's all about me

Aims

- To relax students by acknowledging their discomfort or embarrassment and to get acquainted by initiating discussion.
- To set ground rules.
- To acknowledge individual differences and identity
- To create awareness of self esteem and mutual respect
- Create understanding of male and female differences in body parts
- Personal safety and trusted adults

Content

- Introduction and opening
- Contracting/class rules and guidelines
- Establishment of concepts of individuality, uniqueness and differences
- Review puberty males and females – body parts including genitalia, protective behaviours and personal safety
- Excretory and reproductive systems of males and females
- Take home activity

Session 2: My Changing Body

Aims

- To give students a detailed understanding of what constitutes a healthy relationship
- To explain the idea of respect and attraction in relationships
- To give students a detailed understanding of reproduction, conception, foetal development and birth
- To describe and understand responsibility as students grow and mature

Content

- Physical development at Puberty
- How, why and when changes occur
- Attraction and dealing with emotions
- Definition of a healthy relationship
- Basic reproduction, conception, sexual intercourse, fertilisation

Session 3: My Changing Relationships

Aims

- To provide an opportunity for students to develop knowledge of what a relationship is
- To provide an opportunity to examine feelings in relationships
- Understanding mood changes and emotional behaviour
- To develop strategies on how to handle conflict

Content

- Relationship builders activity
- Understand and recognise feelings in relationship
- Strategies to handle conflict through role plays
- Examine peer pressure and the impact of peer relationships
- Decision making scenarios
- Conclusion – game/exercise

Please Note: *The cost of the course is inclusive of all sessions. If a session is missed through absence, illness or extra-curricular activity, unfortunately we are unable to refund the full or partial cost of the program.*

interrelate SCHOOL SERVICES

Student Cost: included in the Term 4 invoice.

at: DURAL PUBLIC SCHOOL

on: Thursdays 15th 22nd and 29th of October, 2020.

Year 5 Interrelate

I wish to enrol my child _____ Class _____

in Interrelate's **Year 5** program.

Signed _____ Date ____ / ____ / ____