

## The True All School Program

### Learning about relationships and sexuality

Children and young people who receive comprehensive sexuality education and respectful relationships education (inclusive of sexual abuse prevention education) from an early age are more likely to:

- Feel good about themselves
- Understand and accept changes
- Appreciate and accept individual differences
- Are more likely to make informed and responsible sexual decisions later in life
- Are less vulnerable to sexual abuse
- Understand appropriate and inappropriate behaviour
- Talk about their feelings and experiences

### Mapped to the Australian National Curriculum

Relationships and sexuality education is an important curriculum responsibility for schools. The True All School program is evidence informed and mapped to the national curriculum for Prep to Year 10. Year 11 & 12 programs support students to develop 21st century skills in line with the Queensland Curriculum & Assessment Authority (QCAA) senior syllabus.

### True's approach

True's approach to education involves respectful facilitation, free of discrimination and mindful of the diversity that exists in different relationships and families. All program content and activities are age-appropriate and align with the curriculum.

### Flexibility

The All School program can be tailored to address local circumstances.

## Leader in relationships and sexuality education

The True All School program is Australia's leading relationships and sexuality education (RSE) program.

The program has been developed for the needs of Australian schools and families, backed by True's 40+ years of experience.

### contact us

#### Queensland wide

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🌐 true.org.au/education/allschool

For more information, pricing and locations, please visit [true.org.au/education/allschool](http://true.org.au/education/allschool)



## All School Program

### Upper Primary Years 4 to 6



🌐 [true.org.au/education/allschool](http://true.org.au/education/allschool) ☎ (07) 3250 0280

## Looking After My Body

Looking after my body teaches personal safety to young students in a healthy, positive way. The program introduces skills that can help protect children from abuse.

The program also begins to address changes during puberty as children may have body changes happening at this age. It is important for students to have relevant information before these changes occur.

### Focus Areas

- Support students to identify types of touch
- Recognise and name external public & private body parts
- Public/private bodies, places & activities
- Understanding of feelings
- Identifying a personal safety network
- Physical, social and emotional changes as we grow
- Looking after our bodies
- Includes a booklet for students to take home

### Structure

- 2 x 60 minute sessions
- The program includes a variety of interactive experiences for students to enjoy, including class discussion, story time and group activities

True offers schools two options for Year 5 & 6 students:

My Lifecycle which is a shorter program or Growing Minds & Bodies in which school teachers and True share the facilitation of a more comprehensive program.

## My Lifecycle

My Lifecycle is a highly effective program that covers puberty, reproduction and body image. The course is delivered across two sessions by True's experienced educators.

### Focus Areas

- Physical, social and emotional changes of puberty
- Looking after their body
- Media and body image
- Strategies for positive body image
- Reproduction
- Relationships, peer pressure and decision-making
- Q & A

### Structure

- 2 x 60 minute sessions delivered by a True educator
- The program includes a variety of interactive experiences for students to enjoy, including class discussion, a quiz and group work

## Growing Minds & Bodies

Growing Minds & Bodies is a thorough, 4 hour course in which True's educators work in partnership with the class teacher. The development of the teacher's capabilities is an important outcome of the program, as they become more comfortable with conversations with students on growing and change.

Teachers undertake professional development with True, after which they facilitate the first three sessions of the course.

These sessions cover:

- Respectful relationships
- Decision-making (and peer pressure)
- Media and body image
- Puberty

True's educators then deliver the final session on puberty.

### Focus Areas

- Identifying healthy and unhealthy relationships
- Influences on and consequences of decisions
- Peer pressure and decision-making
- Physical, social and emotional changes of puberty
- Looking after their body
- Understanding the media's influence on body perception
- Strategies for positive body image
- Q & A

### Structure

- 1 x 2 hour professional development for teachers
- 4 x 60 minute sessions (3 x teacher, 1 x True)
- The program includes a variety of interactive experiences for students to enjoy, including class discussion, a quiz and group work

