

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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For more information,
pricing and locations, please visit
true.org.au/education/allschool



All School Program

Secondary Year 7-10



Year 7

True offers Year 7 students a choice of two programs: Puberty Refresher or Introduction to Relationships.

Puberty Refresher

Puberty Refresher is designed as an optional course for Year 7 students. The topic is likely to have been introduced at primary school, so this lesson consolidates earlier learning.

Focus Areas

- Physical, social and emotional changes of puberty
- Looking after their body
- Q & A

Structure

- 1 x 60 minute sessions
- Sessions are delivered by a True educator
- The program includes a variety of interactive experiences for students, including class discussion, a quiz and Q & A



Year 7

Introduction to Relationships

Introduction to Relationships course is designed to address the issue of domestic violence, by educating students about respectful relationships, recognising healthy and unhealthy relationships and negotiating skills. The one hour program equips students with the skills for relationships of all kinds, including partner relationships.

Focus Areas

- Identifying healthy and unhealthy relationships
- Decision-making and assertiveness
- Assertiveness skills
- Body image
- Legal and social impact of sexting
- Q&A

Structure

- 1 x 60 minute session
- Sessions are delivered by a True educator
- The program includes a variety of interactive experiences for students, including class discussion and group work

Year 8

The Relationships: Intermediate course is designed to address the issue of domestic violence, by educating young people about respectful relationships, recognising healthy and unhealthy relationships and negotiating skills.

The one hour program equips young people with the skills for relationships of all kinds, including partner relationships. The program builds on the information shared in Introduction to Relationships, with more sophisticated classroom discussion and scenarios pitched at an older age group.

All sessions mapped to the Australian National Curriculum

Year 8

Focus Areas

- Identifying healthy and unhealthy relationships
- Decision-making
- Assertiveness skills
- Body image
- Legal and social impact of sexting
- Q & A

Structure

- 1 x 60 minute session delivered by a True educator
- The program includes a variety of interactive experiences for students, including class discussion and group work

Years 9 & 10

Sexual Relationships

Sexual Relationships is designed to help young people navigate sexual relationships, make healthy choices and learn where they can access reliable health information and services.

Focus Areas

- Identifying respectful relationships
- Negotiating within relationships
- Consent
- Contraception and STIs
- Myths
- Q & A

Structure

- 1 x 60 minute session
- Sessions are delivered by a True educator
- The program includes a variety of interactive experiences for students, including class discussion. A condom demonstration may be included.