5th September, 2016

Dear Parents,

Personal Development and Sexuality Education lessons will be presented to all students at St Mary’s Parish School from 4th October – 7th October (Term 4 – Week 1). These lessons will form a part of a larger unit of work and are part of the curriculum of this school, and all schools across this Diocese.

They form part of the Personal Development and Health strands of the Health and Physical Education QCAR Essential Learning Documents and follow the Catholic Education Office, Diocese of Toowoomba, Guidelines for Teaching Sexual Health.

Please be assured that this material will be handled with sensitivity, and that there will be an emphasis on the idea that our bodies are a gift from God. The purpose of this note is to inform you of this part of your child’s education and to prepare you for the possibility of questions being asked at home.

As your child’s primary caregiver you are welcome to seek further information about the syllabus documents or to view any materials which will be used. These will be available at the front office.

Please find the following brief summary of the content for each year level.

**Year 1**

Students will:
- Name the private parts of the body using correct terminology for example: penis, vagina, breasts, bottom, male, female, sex (as in male and female).
- Recognise the physical difference between males and females.
- Discuss the fact that God creates boys and girls equally.

**Year 2**

Students will:
- Revise the names of the different parts of the body from Year 1 core content: penis, vagina, breasts, bottom, male, female, sex (as in male and female). Include new vocab: testicles.
- Articulate physical difference between males and females.
- Continue discussion of God creating boys and girls equally.
- Demonstrate an appreciation of equality between the sexes.

**Year 3**

Students will:
- Discover that Human life is part of God’s plan from birth, toddler, child, adolescent, adult. (simple understanding of life cycles).
- Revise the names of the different parts of the body: penis, vagina, breasts, bottom, male, female, sex (as in male and female), testicles. Include new vocab: sperm, egg, womb, uterus, umbilical cord, breast fed/bottle fed.
- Demonstrate an appreciation of equality between the sexes.
- Demonstrate awareness that family structures take many forms.
**Year 4**

Students will:
- Demonstrate appropriate knowledge – growth in womb – birth.
- Use the following vocab: womb, placenta, umbilical cord, amniotic sac, foetus, conception (the moment new life begins. Sexual intercourse will not be discussed).
- Celebrate the miracle of life.

**Year 5**

Students will:
- Discuss how adolescence changes the way you look, think and feel. Acknowledge the physical (external) and emotional changes that occur during puberty.
- Revise the names of the different parts of the body. Include new vocab: puberty, genitals, pubic hair, acne, sperm, genes, hormones, external changes, conception, fertilisation (sexual intercourse will not be discussed).
- Discuss personal hygiene.
- Promote a respectful attitude towards self and others as changes occur during puberty.

**Year 6**

Students will:
- Revise the external changes that occur during puberty.
- List the internal changes that occur during puberty.
- Demonstrate a basic knowledge of the reproductive system.
- Revise the names of the different parts of the body and pubertal processes. Including new vocab: fallopian tubes, cervix, ovary, sperm, duct, scrotum, urethra, pituitary gland, ovulation, menstruation, nocturnal emissions/wet dreams, vaginal discharge, and conception.
- Discuss personal hygiene.

**Year 7**

Students will:
- Explore meanings of sexuality in terms of our gender, identity and stereotyping.
- Revise the names of the different parts of the body and the functions of the female and male reproductive system.
- Discuss issues relating to responsibility for personal hygiene e.g. acne, use of deodorant, sweat glands.
- Promoting acceptance and understanding.

**Year 8**

Students will:
- Continue to learn about the benefits of having a positive self-esteem and self-image.
- Learn about the importance of relationships: family and friends, support networks and understand the implications of bullying and gossiping in relationships whilst learning the skills to resolve conflict.
- Revise female and male development (including hormonal, acne, body hair, nocturnal emissions and masturbation), reproductive systems, sexual intercourse, link between hormones and emotions, hygiene and awareness of sexually transmitted infections.
- Discuss self-control, traits of people and societal and media portrayals in relation to expression of self.
- Alcohol and drug education.
- Personal Safety.

If you don’t wish for your child to take part in the Personal Development and Education Lessons, please contact the school before Friday 16th September.

Yours sincerely

Kristina Griffiths
APRE