

# TALKING THE TALK

## Respectful Relationships, Human Sexuality & Protective Safety Program



### Student Sessions Information Pack

Primary:  
Prep to Year 6

### Prep: 1 x 30 minutes

- Safe and unsafe - talk about what it is like to feel 'safe' and 'unsafe', discuss early warning signs and the difference between secrets and surprises
- Body boundaries - private zones (general without anatomical names), consent and respect, using the book: My body belongs to me
- Safety network - Identify trusted adults that they could go to if they are feeling unsafe
- **Note: Introduction to body parts/genitals is an additional/optional 30 minute session.**

### Year 1&2: 1 x 60 minutes

- We all grow up - students learn about body changes between babyhood and starting school
- I know my body - students learn about body parts including genitals
- Safe and unsafe - talk about what it is like to feel 'safe' and 'unsafe', discuss their early warning signs and the difference between secrets and surprises
- Body boundaries - private zones, consent and respect
- Safety network - identify trusted adults that they could go to if they are feeling unsafe

### Year 3&4: 2 x 60 minutes

- Naming body parts including genitals
- We all Grow up
- Introduction to Puberty changes; emotional and physical
- Gender diversity introduced
- The amazing story of Conception, Pregnancy and Birth
- Respectful Relationships introduced
- Protective Safety (Body safety)

### Service Fees Per Class:

- **Prep: 1 x 30 min session \$105**
- **Yr 1 & 2: 1 x 60 min session \$215**
- **Yr 3 & 4: 2 x 60 min sessions \$430**
- **Yr 5: 2 x 90 min sessions \$650**
- **Yr 6: 2 x 90 min sessions \$650**
- **Teacher &/or parent session \$955 each**
- **Prices based on regular class size**
- **All prices effective 01/07/2019 and are Inclusive resources/printing & GST**

Contact us:

0410487142

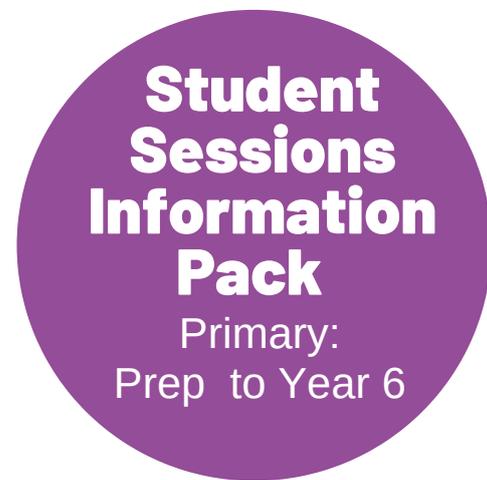
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**Year 5: 2 x 60 minutes**

**Year 6A\*: 2 x 60 minutes**

- Naming body parts
- We all Grow up
- Gender diversity introduced
- Puberty changes; emotional and physical
- Question Answer Box for next session
- Puberty Continued - What happens and what you need
- Conception, Pregnancy and Birth
- Respectful Relationships and Protective Safety
- Answer Question Box

**Year 6B\*\*: 2 x 60 minutes**

- Naming Body Parts
- Gender and Diversity explored
- What is Puberty
- Puberty changes; emotional and physical
- Puberty Continued - What happens and what you need
- Brief discussion re exposure to internet harm
- Conception, Pregnancy and Birth, Basic Choices (i.e. mention of condoms and contraception)
- Basic positive concept of intimacy other than for reproduction
- Respectful Relationships and Protective Safety
- Friendships and Belonging

**\*Year 6A - students who have never ever had TTT sessions previously**

**\*\*Year 6B is for students who have experienced previous TTT sessions**

**Talking The Talk student session content from Prep to Year 6 is evidence based drawing from resources such as:**

- Victorian Curriculum Resources Catching on Early
- Resilience, Rights and Respectful Relationships
- Educate2Empower Body Safety Education.
- The UNESCO International Technical Guidance on Sexuality Education (2018)
- Safe Landing, Family Planning Victoria

**Sessions are delivered by qualified staff who have backgrounds in teaching, nursing, or youth work - all trained by Vanessa Hamilton.**

### To book a session:

#### 1. E-mail us with:

- a. **number of classes including numbers of students in each class**
- b. **preferred student session dates**
- c. **preferred parent and/or teacher session date**
- d. **your school daily timetable schedule**

#### 2. Review, edit & eventually accept TTT's suggested session timetable

#### 3. Engage parents by communicating upcoming sessions and provide content letter (example provided by TTT)

#### 4. Watch TTT deliver the sessions and witness the positive impact it has on your school community

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## Thank you for finding out more about Talking The Talk's primary school services.

We offer three types of sessions:

student, parent and teacher sexuality education.

Our student sessions are based on global research supporting the benefits of early, ongoing, age appropriate, comprehensive sexuality education.

Our aim is to empower young people with essential information for safe and positive development and relationship experiences over their lifetime.

### During our sessions, we always:

- Cover diversity of humans, which includes sexuality
- Use gender neutral terminology as much as possible i.e. differentiate between physical and gender
- Include human connection and pleasure, i.e. we don't leave clitoris off the anatomy
- Ensure that each session covers at least the very basics of protective body safety i.e. five basic rules

### Why do we require a minimum booking of at least one adult (parent and/or teacher) session when you book student sessions?

We follow the best practise model for sexuality education: encouraging a whole school approach, where students, parents and teachers all participate in essential conversations about human sexuality, respectful relationships and protective safety education.

During our parent and teacher sessions, Vanessa light-heartedly delivers knowledge and information to foster skills that enable adults to respond appropriately and confidently whenever children ask questions about sexuality.

This preparation for ongoing discussions at home and at school is designed to complement the students' learning and continue the conversation beyond the classroom door.

Our Tag line is: "Let's get started, it's easier than you think". It really is - see out testimonials on our website to see what others have said after attending her sessions.

We look forward to helping you and your community to get talking about the essential topic of human sexuality.

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## Student Sessions Information Pack

Primary:  
Prep to Year 6

• "...since their session the students, have been using language to do with consent and body boundaries, it had such a positive impact on them..."

Prep Teacher

• "...great sessions, boys really enjoyed them. Well worthwhile. Presenter was just fantastic with the boys..."

Yr 5 Teacher

## Why teach sexuality education in primary school?

Comprehensive sexuality education teaches children accurate, age appropriate information about their bodies and relationships. In an era where children can easily access inappropriate information about sexual relationships via media, the internet and pornography, learning about healthy ways of relating helps children to expect positive, respectful relationships as they grow older.

Sexuality education can be protective against sexual abuse. Many important messages and skills that contribute to children's safety are part of a comprehensive sexuality program.

They include:

- Teaching children about the proper names of their body parts
- Giving children permission to talk and ask questions about sexual body parts
- Explaining the qualities of respectful relationships and appropriate sexual relationships
- Identifying a support network of teachers and parents to whom they could turn
- Understanding personal safety; such as safety for our bodies and how to keep ourselves safe

Research in Australia as well as internationally outlines that the majority of parents want sexuality education in schools. (See Catching on Early AUSVELS for sources.)

Sexuality education helps children manage the physical and emotional changes of puberty.

The process of puberty can start as young as eight among some children. All children need to know about puberty before it happens to them or their peers.

Children whose parents discussed values and attitudes towards sexuality and who received good sexuality education at school are more likely to delay first sexual intercourse to a later age and less likely to have an unintended pregnancy or a sexually transmissible infection.

By the age of eight, children will display a sense of the society's expectations about gender. A safe space and time to question strict gender rules can help broaden their options and make it easier for the children who don't fit the stereotypes.

Sexuality education brings diverse families to the classroom. Discussing the variety of family structures found within our society helps students to understand and accept differences between families.

Talking about sexuality when children are young lays the foundation for open discussions in the future between young people and adults.

## Student Sessions Information Pack

Primary:  
Prep to Year 6

• "...Students felt comfortable with the presenter and knew that they could ask anything, your wealth of knowledge and ease of talking about tricky topics was amazing..."

Yr 6 Teacher

• "...that was amazing so useful and age appropriate for this age group..."

Yr 3/4 Teacher

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