

# **Sexuality and Relationships Education**

**“SRE”**

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# What is 'SRE?'

- Sexuality education is a lifelong process which begins at birth
- Involves acquiring and processing information
- Forming attitudes, beliefs and values about identity, relationships and intimacy
- Encompasses sexual development, reproductive health, interpersonal relationships, affection, intimacy, body image and gender roles
- Addresses the biological, socio-cultural, psychological and spiritual dimensions of sexuality from the cognitive domain, the affective domain and the behavioural domain
- Teaches the skills to communicate effectively and make responsible decisions.

# Continued...

- Teaches skills to be able to talk about their bodies and ask for help if they need to
- Ensures they are prepared for pubertal changes, and be able to name parts of the body and to describe how their bodies work

# Why is SRE important?

International research has shown that SRE:

- Delay's the initiation of intercourse
- Decreases the frequency of intercourse
- Decreases the number of sexual partners
- Increases condom and contraceptive use
- Reduces sexual risk taking
- Less vulnerable to exploitation and sexual abuse
- Increases knowledge

Abstinence programs are significantly less successful of this

Teaches skills to:

- Make sound decisions about relationships and sexual intercourse and stand up for those decisions
- Deal with pressures for unwanted sex or drug use
- Recognise a situation which may turn risky or violent
- Know how and where to ask for help and support
- Know how to negotiate protected sex and other forms of safe sex when ready for sexual relationships

# What will the students be learning?

- Family Planning Queensland has been the leading provider of sexual and reproductive health and education services throughout Queensland for over 40 years.
  - Me, my family and friends – Year 7
  - Media Mayhem and reality bites – Year 8
  - High Talk lessons – Year 9
  - Everybody needs to know – specifically designed for students with: hearing impairment, visual impairment, physical impairment, autism spectrum disorder, moderate intellectual impairment, profound intellectual impairment, communication impairment, behavioural issues

The FPQ modules are underpinned by ACARA HPE Shape document and the Australian Curriculum general capabilities

# Me, my family and friends – Year 7

- Who am I?
- Families: Benefits and challenges
- Family tree
- Sexual and reproductive body parts
- Friendships
- Sexual relationships and discrimination
- Decision making
- Role Models
- Goal setting and achievements

# Media Mayhem and Reality Bites – Yr 8

- Differences between boys and girls
- The science of sex
- Sexual health
- Healthy sexual relationship
- Reality bites data collection
- Reality bites continued
- Media Mayhem
- Script development
- Rehearsing performances
- Presentation



# High Talk Modules - Year 9

- Safety in the School Environment
- Fertility
- Contraception
- Sexually Transmitted Infections
- Body Image
- Decision Making and Consent
- Respecting Diversity

○ Questions or concerns?