



Youth Empowering Education Programs
presents



beginnings

Sex education at Primary school level can be a delicate matter. Preparing children for their upcoming teen years not only involves providing practical information about issues associated with sexual development and activity, but also, importantly, information about relationships.

At this stage in their development, in order to protect their health and well being, children should be guided, with factual rationale, to delay intimate sexual activity until adulthood and encouraged in the practise of the safest possible sexual health. This is the objective of:



*The Primary School component of the beREADY
Youth Empowering Education Programs.*

Protecting Heart & Health

The disclosure of 'age appropriate' information is a prime consideration with young children in regards to sex education, and for this reason beGINNINGS is divided into separate and distinct programs for year 6 and 7. Both programs tactfully and meaningfully address the benefits of wise sexual health choices and warn of the consequences of risk taking behaviour.

beGINNINGS is designed in two parts:

Program 1 : Year 6

- Focus:**
- Uniqueness, Staying Special
 - Overview of reproduction/3D models
 - Puberty changes and challenges
 - Life & relationship goals/obstacles
 - Acknowledging child to adult transition

Fundamentals:

- Self esteem enables self determination
- Change is normal, healthy & manageable
- Sexual activity impacts hearts & lives
- Sexual intercourse is an adult behaviour

Objectives:

- Development of self worth & personal values
- Awareness of physical/emotional development
- Consideration of life & relationship goals
- Recognition of risks to goal achievement
- Delay of sexual intimacy debut

Program 2: Yr 7

- Focus:**
- Personal uniqueness
 - Considering relationship facets
 - Recognising and dealing with pressures: peer/media/ hormones
 - Uniqueness of human sexuality
 - Value of safeguards & boundaries

Fundamentals:

- Self esteem enables self determination
- Knowledge influences choices
- Pressure exists and needs to be managed
- Boundaries provide safety

Objectives:

- Development of self worth & personal values
- Recognition & resistance of pressure
- Expanded concept of relationship values
- Awareness of risks associated with sexual activity
- Delay of sexual intimacy debut

Developing Self control and Discernment

- > Each program is of 90 minutes duration: 30 mins is presented to the whole class, followed by 60 mins with two groups of separate sexes.
- > Two facilitators are provided per session and two classrooms are required for the separate groups.
- > Each group requires a laptop and a projector

For further information or to make a booking for your school please contact:

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Or visit www.beready.net.au and click on 'Programs'

Program Contents



Program 1 : Year 6

As a Whole Class: students discuss their origin from conception, in particular the unique differences they possess that make them so special, due to the formation and function of DNA. Through the 'Different to Same' activity students are made aware of how they can be influenced to lose their individuality and self-determination in order to fit in, while power-point slides of copycat groups further illustrate this loss.

In Separate Groups: in the comfort of same sex groups, students are informed about the reproductive system and process, including 3D models to effectively illustrate the position of the internal organs in the body. Physical and emotional changes associated with puberty are discussed interactively, addressing any questions and concerns. The 'Key Goals' activity has students consider their future hopes and dreams and how their sexual behaviour choices may affect those goals. The responsibilities and risks of sexual relationships are also discussed while the 'RITE of Passage' wristband celebrates their upcoming transition into adulthood.

Program 2: Yr 7

As a Whole Class: students consider how their view of themselves affects the treatment they accept in relationships. The 'Matchless Me' worksheet emphasises their individuality and worth as well as discovering unique abilities and attributes genetically inherited. The meaning of sexuality is explained and words of value relating to relationships are explored and later defined in the separate groups.

In Separate Groups: an interactive power-point presentation educates students about the various dangerous peer pressures they may encounter. Associated feelings are discussed along with practical strategies for risk avoidance as students consider the qualities of true friendship. Sexual pressures from the media and their own hormones are also addressed. Students explore the uniqueness of human sexuality as compared to animals with the 'What Makes Us So Special' activity and role play. A 'Sex Drive' exercise along with clarification of Unsafe vs Safer vs Safe sex alerts students to the risks associated with sexual activity and the 'Fireplace' activity illustrates the value of boundaries in relationships.