



## PROGRAM OUTLINE

The Growing Up Program (GUP) is designed for primary school students, from kindergarten through grade six. This school-based program offers age-appropriate education covering important topics such as consent, types of touch, puberty, reproduction, identity, and protective behaviours. With an emphasis on healthy decision-making, GUP encourages positive effective communication between students, caregivers and schools.

By incorporating the latest research in sexual and reproductive health, the program ensures that students receive relevant and up-to-date information, helping students understand and navigate their personal development and safety with confidence.

The Growing Up Program is mapped to the Australian Curriculum, the Early Years Learning Framework and the Respectful Relationships Teaching and Learning Package.

### EARLY CHILDHOOD (K-2)

- Growth and change – birth to child
- Physical, social, emotional and mental health and wellbeing.
- Protective behaviors – types of touch, warning signs, public / private, consent, anatomical names of private body parts
- Help seeking behaviors

### LOWER PRIMARY (3-4)

- Growth and change - child to adult (puberty)
- Introduction to conception & birth
- Physical, social, emotional and mental health and wellbeing.
- Respectful relationships
- Protective behaviors – focus on types of touch, public / private, consent, anatomical names of private body parts
- Help seeking behaviors

### UPPER PRIMARY (5-6)

- Growth and change (puberty)
- Managing puberty changes
- The reproductive system
- Physical, social, emotional and mental health and wellbeing.
- Respecting diversity
- Protective behaviors with a focus on consent, anatomical names of private body parts, online interactions
- Help seeking behaviors

Students in blended grade classes may receive a modified program designed to meet the diverse needs of all students, ensuring that each student gets age-appropriate information.

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