Upper Primary Sexual Health & Cyber Safety Curriculum - School Information

Why Sexual Health?

Sexual Health is an important curriculum responsibility of every Primary School as it provides opportunities for students to develop both knowledge and attitudes about their developing sexuality.

Youth Excel’s Upper Primary Sexual Health & Cyber Safety Curriculum was developed in consultation with a dedicated group of P & C members and school principals who wanted to ensure that values and healthy relationships underpinned content provided to children.

About This Program

Youth Excel’s Upper Primary Sexual Health & Cyber Safety Curriculum can be tailor made to the suit the needs of your school and includes a lesson on Cyber Safety.

Youth Excel’s Upper Primary Sexual Health & Cyber Safety Curriculum aims to:

- Offer age appropriate medically accurate information
- Deliver content in an engaging and relatable way
- Emphasise the values that underpin healthy relationships
- Address cyber safety as a major sex educator in children’s world
- Ensure children are neither overexposed or misinformed
- Be sensitive to the diverse range of maturity in each classroom
- Involve parents and community in the process
- Prepare children for the real pressures they will face in high school

The program contains 3 x 1 hour lessons for year 5 and 6 around the below topics. A year 4 program is available on request. A full content overview can be found in the later part of this document:

- Lesson 1: Puberty
- Lesson 2: Where Babies Come From
- Lesson 3: Staying Safe Online

Youth Excel’s Upper Primary Sexual Health & Cyber Safety Curriculum is a progressive curriculum that builds from year to year and pairs with Youth Excel’s High School Sexual Health and Cyber Safety Curriculum.
Take Home Worksheets

The take home worksheets will be given to classroom teachers each year. The teachers will be responsible for photocopying and distributing them to the children on the last day of the presentations.

We hope these help parents talk to their children about sex and / or answer additional questions they may have about content in the lessons

Group Sizes

Research suggests that the delivery of sexual health content is best done in small group sizes where students feel comfortable, have access to their regular classroom teacher and are able to interact with the content. It is also our experience that this option brings the best results for students. For this reason, Youth Excel’s curriculum is best delivered in individual classroom groups with the classroom teacher present.

On schools requests we do present lessons to whole year levels. In this instance we suggest classroom teachers are prepared to follow up and answer questions after the session.

Separating Male and Female Students

We have found that there was little benefit from separating male and female students. In fact allowing them to remain in regular class groups reduced anxiety and allowed both genders to hear the same content, at the same time. From year 7 onwards the options of separating genders becomes a more beneficial option.

Session Times

Classroom sessions will need to be booked back to back to minimise unproductive time. We aim to deliver to every class in a year levels in one day. For example: 9am - 5L, 10am - 5D, 11.45am – 5C. If classes are below 20, two classes will need to be combined.

Parent Nights – How to Talk to Your Child about Sex

We believe that parents are the key sexual health educator in children’s lives. This night provides parents the opportunity to discuss and ask questions about the Youth Excel curriculum. The night will also give them practical tips on how to talk to their child about sex.

Parent Night – How to Talk to Your Child about Sex

Content Outline:

- The importance of Sexual Health and Cyber Safety education in Primary Schools
- National Sexual Health statistics and research
- An overview of Youth Excel’s Year 5 and 6 Curriculum (including PPT slides and DVD used in the program)
• How to Talk to Your Child about Sex
• Links to Cyber Safety material

Staff Professional Development

"Teaching Sexual Health effectively in Primary School" is our professional development session for primary teaching staff. It covers the following content areas:

• The importance of Sexual Health and Cyber Safety education in Primary Schools
• National Sexual Health statistics and research
• Beliefs that drive risky sexual activity
• Overview of Youth Excel’s Upper Primary Sexual Health & Cyber Safety Curriculum
• Overview of Youth Excel’s Take Home Material
• Tips on catering for diversity
• Tips on answering students questions
• Tips on preparing anxious children
• Tips on behaviour management

Engaging a Cautious School Community

We have done this before! If you have a cautious school community we know what to do and we are here to help you get maximum buy in from parents. We have a variety of ways we can support you including networking with schools who have already established a successful sexual health program.

Youth Excel Presenters

All of Youth Excel’s staff are professionals with teaching, psychology or equivalent qualifications. They have a passion to support young people which is evident in all that they do. Please see our website for staff profiles.

Presentation Requirements

Teachers need to be notified in advance that a Power Point presentation and short video will be shown during presentations. Audio for videos will need to be available

Presenters will bring a USB and automatic clicker which will need to be put into the classroom computer and shown through the projector. Presenters do not carry laptops.

If a quiet classroom environment is available such as a library area, this is appreciated. For larger groups, a microphone is appreciated.

Teacher’s Role
Youth Excel Presenters accept full responsibility for behaviour management of students while they are presenting. If fact, we appreciate the opportunity to build our own relationship with students and are fully qualified to teach.

Youth Excel Presenters appreciate teachers following through on sexual health lessons by debriefing content with students and answering further questions.

**Student Numbers - Participants and Non-Participants**

The Youth Excel office will collect class numbers from the school office on the day of the first session, and then an invoice will be generated. **All students, except those withdrawn from the program by their parents, will be charged.** Students who are marked as absent due to sickness will still need to be paid for.

Students who have opted not to participate in the session are to be excluded from the session by the classroom teacher.

**Special School Requirements**

Youth Excel is aware that each school community has specific needs. Because of this we have highlighted more sensitive areas in the curriculum that are optional. This way we can tailor make an appropriate Sexual Health Program that meets the needs of each school.

**Schedule of Fees**

Individual Classroom approach
Cost: $25 per student inc GST includes three lessons and take home material (usually administered as a student levy)

Whole year level approach
Cost: $700.00 + GST per presentation

Parent Night – How to Talk to Your Child About Sex
Cost: $700.00 + GST per presentation

Professional Development for Staff
Cost: $700.00 + GST per presentation

Bookings are secured with a 10% non-refundable deposit. If a deposit is not paid a 10% cancellation fee applies.

Invoices will be issued after the first session and will need to be paid 10 days after they are issued.

**Content Overview**

Please find below a full content outline of Youth Excel’s Upper Primary Sexual Health & Cyber Safety Curriculum. Areas highlighted are optional.

**YEAR 5 Content Outline**
### Puberty – Lesson 1

- The definition of puberty
- When puberty starts
- The role of the pituitary gland
- Male sex organs
- The changes in males during puberty:
  - growth of the penis and testicles
  - production of sperm
  - pubic hair
  - facial and body hair
  - voice breaking
  - growth spurts - bigger, stronger, thicker
- Female sex organs
- The changes in females during puberty:
  - breasts
  - pubic hair
  - menstruation
  - hips and thighs
  - pads
- Changes in emotions
- Hygiene

### Lesson 2 - Where do Babies Come From?

- Revision of lesson 1
- Myths and misconceptions about how babies are made
- It takes two - eggs and sperm
- How eggs and sperm meet
- Animals have sex too
- Sex is for someone special
- Laws that protect children
- The embryo
- Umbilical cord and placenta
- Stages of pregnancy
- Pregnancy scans
- Twins
  - How egg and sperm meet
  - Umbilical cord
- Birth of a baby
  - Virginal birth
  - C-section
- The purpose of sex
- Contraception
  - The contraceptive pill
  - Condoms

**Lesson 3 – Cyber Safety**

- The benefits of being online
- The purpose of today
  - Not designed to spoil your fun
  - Not designed to frighten you (healthy fear)
  - Not designed to embarrass you
  - Not designed to make you feel left out
  - Make you smarter and safer
- Comparison between real world and online world safety
- Perceived safety
- Paedophiles
  - Definition of paedophiles
  - How paedophiles behave
- Laws that protect children
- Ways paedophiles trick children
- What you can do
- Pornography
  - What is pornography
  - What to do
  - Sexting – creation of pornography
  - Laws about sexting
- Cyberbullying
  - What is cyberbullying
  - Trolls or haters
  - What to do
- Mistakes young people make
  - Not getting parent’s permission
  - Choosing poor privacy settings
  - Turn GPS off
  - Creating an anonymous profile
  - Choosing appropriate photos
  - Displaying other social media accounts
  - Friending someone you don’t know
  - Following someone you don’t know
  - Talking to people you don’t know
  - Clicking on sexy links
  - Hiding things from family
  - Googling words for meaning

**YEAR 6 Content Outline**

**Puberty – Lesson 1**
- The definition of puberty
• When puberty starts

• The role of the pituitary gland

• Male sex organs

• The changes in males during puberty:
  - growth of the penis and testicles
  - wet dreams (optional)
  - erections (optional)
  - masturbating (optional)
  - production of sperm
  - pubic hair
  - facial and body hair
  - voice breaking
  - growth spurts - bigger, stronger, thicker

• Female sex organs

• The changes in females during puberty:
  - breasts
  - pubic hair
  - menstruation
  - hips and thighs
  - pads and tampons (optional)

• Changes in emotions

• Hygiene

Lesson 2 - Where do Babies Come From?

• It takes two - about eggs and sperm

• Homosexuality

• How eggs and sperm meet

• Animals have sex too

• Sex is for someone special
- Laws that protect children
- The embryo
- Umbilical cord and placenta
- Stages of pregnancy
  - Health and disabilities (optional)
    - Miscarriage
    - Still born
    - Disabilities
- Pregnancy scans
- Twins
  - How egg and sperm meet
  - Umbilical cord
- Birth of a baby
  - Virginal birth
  - C-section
- The purpose of sex
- Contraception
  - The contraceptive pill
  - Condoms
- Other ways to have a baby (optional)
  - IVF
  - Sperm donor
- Is everyone having sex in high school?
- Don’t believe anything you hear

**Lesson 3 – Cyber Safety**

- The benefits of being online
- The purpose of today
  - Not designed to spoil your fun
- Not designed to frighten you (healthy fear)
- Not designed to embarrass you
- Not designed to make you feel left out
- Make you smarter and safer
  - Comparing the real world and online world
  - Perceived safety
  - Paedophiles
    - Definition of paedophiles
    - How paedophiles behave
    - Laws that protect children
    - Ways paedophiles trick children
    - What you can do
  - Pornography
    - What is pornography
    - What you can do
    - Sexting – creation of pornography
    - Laws about sexting
  - Cyberbullying
    - What is cyberbullying
    - Trolls or haters
    - What you can do
  - Mistakes young people make
    - Not getting parent's permission
    - Choosing poor privacy settings
    - Turn GPS off
    - Creating an anonymous profile
    - Choosing appropriate photos
    - Displaying other social media accounts
    - Friending someone you don’t know
- Following someone you don’t know
- Making up silly email addresses
- Talking to people you don’t know
- Clicking on sexy links
- Hiding things from family
- Googling words for meaning
- Looking after your mates

- Critical features - Block, Delete, Report
- Becky’s place DVD

**Reference List**

We are so proud of this program! These are some of the schools using Youth Excel’s Sexual Health and Cyber Safety Curriculum. Please feel free to phone any of them directly for a reference of our work:

Redlands College - Peter Salisbury (*Upper Primary Coordinator*)
Ashgrove State School – Graeme Chamberlain
Ferny Grove State School - Leanne Reid
Patricks Rd State School – Maureen Bailey
Hillcrest College – Andrew Pauly (*Middle School Coordinator*)
Mueller College – Paul Valese (*Principal*)
Grace Lutheran College Rothwell – Nicole Gregory (*Middle school coordinator*)
Grace Lutheran College Caboolture – Dale Dearman (*Student Counsellor*)