

RELATIONSHIP & SEXUALITY EDUCATION FOR PRIMARY SCHOOL STUDENTS, THEIR FAMILIES & TEACHERS

PROGRAM INFORMATION

FAMILY PROGRAMS	<p><u>Where Did I Come From? (WDICF) for Years 3-6</u> Covers & facilitates parent-child discussion about the male and female reproductive systems, conception, foetal development, birth and the different ways in which children can join families.</p>	<p><u>Preparing For Puberty (PFP) for Years 5-6</u> Covers & facilitates parent-child discussion about the physical, emotional, social and intellectual changes associated with puberty (for boys and for girls).</p>
CLASSROOM PROGRAMS	<p><u>Minding Me (MM) for Year 5</u> Provides information and strategies to help students navigate the physical, emotional, social, intellectual and relationship changes they may experience during puberty.</p>	<p><u>Moving Into The Teen Years (MITTY) for Year 6</u> Provides in-depth information about boys' and girls' bodies, the changes they can expect during puberty, reproduction and sexuality education. Designed to enhance students' self-esteem, communication and decision-making skills.</p>
	<p><u>Raising Awareness of Bullying (RAB) for Years 3-6</u> Identifies the nature of bullying (including cyber bullying for older groups) and presents strategies for dealing with bullies from both victim and bystander perspectives.</p>	<p><u>Kids ConneXions (KC) for Year 6</u> Designed to improve students' understanding about and development of healthy relationships and to support them to make healthy choices and to build resilience in their relationships.</p>

KEY EVALUATION FINDINGS – PROGRAM SATISFACTION (AUGUST 2011)

STUDENTS, TEACHERS & PARENTS ALL RESPONDED VERY POSITIVELY

- Rating the programs as:**
- Engaging
 - Enjoyable
 - Mostly easy to understand
 - Good value
 - Interesting
 - Fun
 - Only a little embarrassing
 - Good to discuss in a group

THINGS STUDENTS SAID ABOUT THE PROGRAMS

It has been the best learning experience I've ever had.

It was very easy to understand what <Educator> said because she explained it very well.

I think every boy and girl in year 6 should go to this program.

It was embarrassing at first but then I got used to it and felt more comfortable.

I really enjoyed the program and it is a better and more sensible way to find out about our bodies rather than gossiping girls.

Thank you for teaching me you made me feel comfortable in a non-comfortable zone.

Thank you for an educational night and for teaching me about how I was made and for the help in my future!

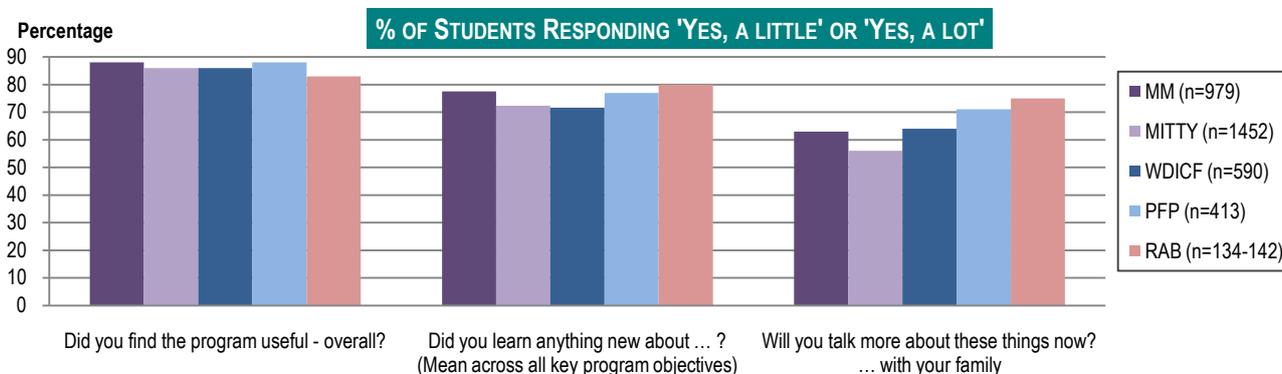
I felt safe to talk about it as a group, and it's an experience I will never forget.

I learnt some things and it was a good program. I am going to use it in the playground if I am bullied.

KEY EVALUATION FINDINGS – PROGRAM IMPACT (AUGUST 2011)

STUDENTS FIND ALL THE PROGRAMS VERY USEFUL

- Almost all students found the Interrelate programs useful, with **moderate-high levels of learning reported** across the wide range of topics covered.
 - Most students **felt they would discuss the topics further**, particularly with their families.



STUDENTS LEARN ABOUT PUBERTY

- About the girl period how it works why we have it and what to do about it
- How our bodies develop and how to handle it.
- The random erection thing. The penis sticks up several times at night
- About things I did not know and that it was normal and don't be embarrassed.

STUDENTS LEARN ABOUT REPRODUCTION

- It takes 1 sperm and 1 egg to make a baby.
- How a baby can be born (the different ways)
- that not everyone was born by having sex.
- How the baby breathes in the mum's uterus. How the baby develops.

STUDENTS LEARN ABOUT BODIES & SEXUALITY

- The differences between a girls private parts and a boys. how both genders private part work
- How dangerous having sex can actually be if they have disease and don't use a condom.
- How the body works and how to take care of our body.
- how you have sex and how the penis has to be erect for sex.

STUDENTS LEARN ABOUT RELATIONSHIPS & BULLYING

- How friendships could be broken so easy and how they could be put back together.
- I learnt some things I am going to use in the playground if I am bullied.
- to be a little smarter than the bully.
- I learnt that you should treat your friends the way you wanted to be treated.

TEACHERS & PARENTS ALSO FIND THE PROGRAMS VERY USEFUL

- Almost all teachers and parents rated the Interrelate programs as useful (usually very useful), overall and **particularly for boosting their confidence, capacity and comfort to discuss the topics** covered.
 - Most teachers and parents felt the programs **refreshed their understanding of the topics**.
 - Most teachers and almost all parents **expected to talk more about the topics with their classes/ children**.

ABOUT THIS EVALUATION: This evaluation was conducted by the Centre for Children & Young People at Southern Cross University. The findings are based on data collected from 43 MM groups, 56 MITTY groups, 39 WDICF groups, 39 PFP groups, 26 RAB groups and 84 KC groups, involving 276-1804 students, 20-61 teachers and 749 parents.