

Dear Parents and Carers,

RE: Year 5 and 6 RSE program, 2025.

As part of EXAMPLE Primary School's commitment to student wellbeing, we will be delivering our RSE program to Year 5 and 6 students this term.

The content of the program is part of the WA Health & Physical Education curriculum and will provide students with the opportunity to learn age-appropriate information and ask questions about their bodies, puberty, respectful relationships and consent.

Students will develop knowledge, skills and confidence to navigate the changes that adolescence brings and identify sources of information and support.

Our school recognises the family as the most important source of knowledge, values and support about puberty and growing up. The program is designed to complement and encourage conversations in the home. The resource below may help parents and adult family members to start discussions with children about growing up.

Talk Soon Talk Often

A WA Department of Health booklet developed to support parents to initiate regular and relaxed conversations with their children about growing up. It includes age and stage appropriate information for parents with children from birth to teens.

<https://www.healthywa.wa.gov.au/~media/HWA/Documents/Healthy-living/Sexual-health/talk-soon-talk-often.pdf>

If you would like any additional information about the program, please contact:

[Role] [Name] [Contact details]