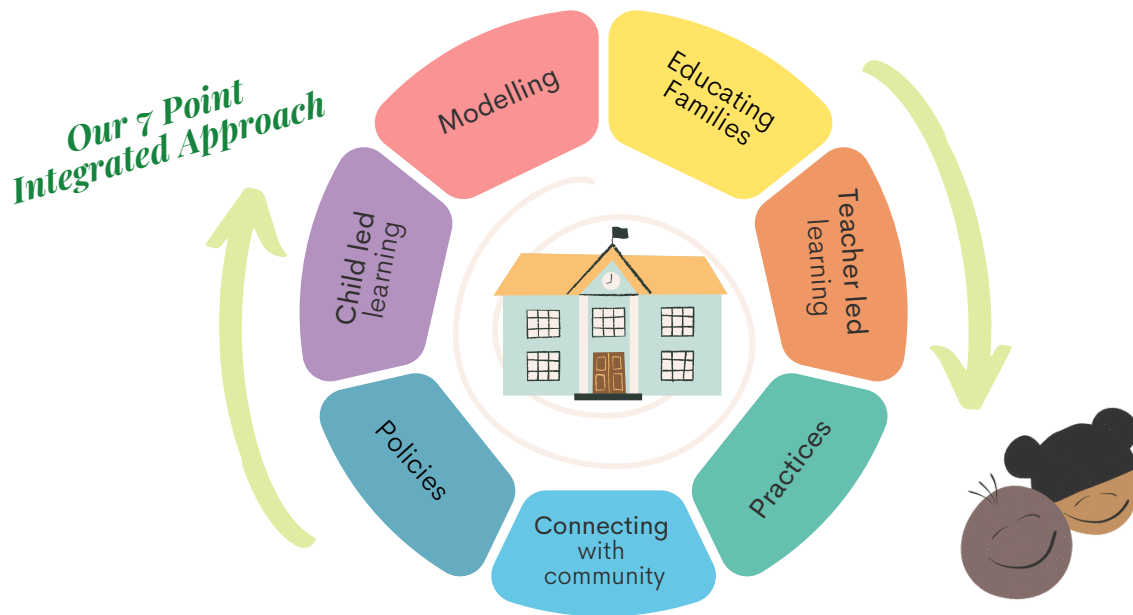


BODY SAFETY AUSTRALIA

*Promoting childhoods free from violence,
where children enjoy equitable & respectful relationships.*

Established in 2015, Body Safety Australia provides **whole community education** to protect and empower children in preventing child abuse. We have a strong commitment to provide all communities with body safety education that celebrates children of all socio-economic status, religions, abilities, sexualities, gender identities, cultures, and/or family structure.



OUR FULL SUITE OF PROGRAMS:



Child sexual abuse prevention



Relationships and sexuality



Consent, eSafety and emerging sexuality



Positive body image



LGBTQIA+ empowerment



Promoting youth leadership



Gender equity and inclusion



Child Safe Standards

Contact us at (03) 9471 2247 or email info@bodysafetyaustralia.com.au
www.bodysafetyaustralia.com.au

BODY SAFETY AUSTRALIA

Relationships and Sexuality Education

UNIQUE
YOU
BODY SAFETY AUSTRALIA

Our **Unique You** program offers curriculum aligned sexuality education including the role of families, demystifying bodies, conception and birth, and puberty. Through games, guided discussion and storytelling, students reflect on concepts that recognise the diversity of families and values within the school community. The program is in line with the **National Curriculum and the Rights, Resilience, and Respectful Relationships Curriculum**.

WE OFFER:

Primary Program

Foundation – Grade 2:
3 x 1 hour session
Grade 3–6:
5 x 1 hour sessions

Secondary Program

Years 7–12:
6 x 1-hour sessions

Parent/Carer Workshops

1 x 1 hour session
*Available in person
or online*

Professional Development

1 x full day OR
1 x 2 hour session
*Available in person
or online*

UNIQUE YOU PROGRAM:

Reflecting on **family**,
celebrating diversity and
normalising differences

Exploring differences between
sex and gender

Naming **body parts**, including
public, private and personal
body parts

Defining **puberty** and physical
changes

Introducing **periods** and **sperm
production**

Discussing **emotional changes**
of puberty and how to manage
difficult emotions

Introducing **sex, pregnancy,
birth and babies**

Unpacking **online rules** and
online safety

Exploring **bodily autonomy**

Exploring **friendships**, and
upstander intervention

Exploring **help-seeking** and
identifying five **safe adults**

*Partnering with **you** to promote childhoods free from violence,
where children enjoy equitable and respectful relationships*

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WHOLE SCHOOL COMMUNITY APPROACH

Inviting and involving parents and carers in student's sexuality education sets your community up for success. Families are a child's first teacher. Our workshops help them have accurate, age-appropriate and shame free conversations at home.

PARENT / CARER WORKSHOP

This **one hour** workshop covers the content that we teach in class. Our skilled facilitators can answer parents' tricky questions, and equip them with tips on how they can **keep the conversation going at home**. The workshop will cover:

Families

Bodies and body safety

Puberty, periods and sperm production

Sex and gender

Emotions

Conception, birth and babies

Consent

Safe Adults

All communities look different and have different needs. We encourage schools to deeply consider how best to engage their parent/carer community.



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STUDENTS' PROGRAM: FOUNDATION - GRADE 2

SESSION 1

My family

Through personal reflection, students explore what **family** means to them and then discuss similarities and differences with their peers. This session aims to **celebrate diversity** and **normalise differences**. Students will be given a pouch with 5 finger puppets and encouraged to **identify five safe adults** who they can speak to if they are troubled. Students are supported to reach out for help to their safe adults when they need it.

SESSION 2

My body

Students learn which parts of their bodies are **private**, which are **public** and which are **personal**. They are encouraged to accurately name their genitals using words that health care professionals will use. Students will discuss times of '**necessary touch**' and **bodily autonomy** will be explored. They will read "**My Body Belongs To Me**" by Jill Starishevsky and the concept of 'consent' will be discussed.

SESSION 3

Babies

This session explores **babies** and **birth** through age-appropriate discussion and activities. They will read "**What Makes a Baby**" by Cory Silverberg and discuss **conception** and **foetal development**. Students will explore **birth** and **delivery**, then have the opportunity to share their own birth or adoption story. They are able to bring in one photo or special item from when they first came into their family to share with their peers.

All content delivered in the F-2 program is age appropriate and does not cover the concept of sexual acts



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STUDENTS' PROGRAM: GRADES 3 & 4

SESSION 1

My family

Through personal reflection, students explore what **family** means to them and discuss similarities and differences with their peers. This session aims to **celebrate diversity** and **normalise differences**. Students will be given the opportunity at the end of each session to ask an **anonymous question in a question box** that will be answered at the start of the following session.

SESSION 2

My body

Students will learn the difference between '**sex**' and '**gender**'. They are encouraged to accurately name their genitals using words that health care professionals will use. Students will discuss intersex bodies and transgender, non binary and gender fluid identities. They will then explore gender stereotypes and influences, promoting **empathy** and **inclusion** for all people.

SESSION 3

Body safety

Students learn which parts of their bodies are **private**, which are **public** and which are **personal**. They will read "**Some Secrets Should Never Be Kept**" by Jayneen Sanders. They explore **bodily autonomy** and the difference between secrets and surprises. Students will be given a pouch with 5 finger puppets and encouraged to **identify five safe adults** they can speak to.

SESSION 4

Puberty

This session introduces students to the six physical changes that happen to all bodies during **puberty**, including hair, height/growth, shape, pimples, body odour and voice. They will then discuss puberty changes for male bodies including **sperm production** and female bodies including **periods**. Students will be shown a variety of different period care products.

SESSION 5

Babies

This session explores **babies** and **birth** through age-appropriate discussion and activities. They will read "**Mommy Laid an Egg**" by Babette Cole and discuss **conception** and **foetal development**. Students will explore **birth, delivery, IVF and adoption** then have the opportunity to share their own birth or adoption story. They are able to bring a special item in to share.

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STUDENTS' PROGRAM: GRADES 5 & 6

SESSION 1

Bodies and
puberty

This session students will learn the difference between '**sex**' and '**gender**'. Students will discuss the physical changes that happen to all bodies during **puberty**. Students will be given the opportunity at the end of each session to ask an **anonymous question in a question box** that will be answered at the start of the following session.

SESSION 2

Periods and
sperm production

Students are encouraged to accurately name their genitals using words that health care professionals will use. Students will discuss **puberty** changes for male bodies including **sperm production** and female bodies including **periods**. Students will be shown a variety of different period care products and will have the opportunity to ask any questions they may have.

SESSION 3

Emotions

This session helps students identify their own **emotions** and brainstorm ways to **manage difficult emotions**. The emotional changes experienced through **puberty** will be discussed and students will be given a creative task with 5 luggage tags and encouraged to **identify five safe adults** who they can speak to if they are troubled.

SESSION 4

Sex and
babies

This session introduces students to **sex** and **babies**. Students will explore the rules for sex including the concept of **consent**. Students will discuss **conception, birth, delivery, IVF and adoption** then have the opportunity to share their own birth or adoption story. They are able to bring in one photo or special item from when they first came into their family to share.

SESSION 5

Online and offline
relationships

This session explores **online and offline relationships**. Students will discuss what online platforms they are using (including gaming and social media) and what **online safety** looks like. Students will explore **friendships** and unpack problematic online behaviours. They will also explore **bystander intervention** and **help seeking** both online and offline.

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PROFESSIONAL DEVELOPMENT

In adopting a whole school community approach, Body Safety Australia also offers Professional Development to support educators in delivering relationships and sexuality education. This interactive workshop supports educators provide accurate, age-appropriate information at the primary school level.

Offered as either **one full day** or **one 2 hour session**, our Relationships and Sexuality Education Professional Development supports your **Child Safe Standards, Respectful Relationships curriculum** and covers the following:

Families: What makes a family and what is their role

Bodies: Naming private and reproductive body parts

Babies: Conception, foetal development and birth

Puberty: Physical and emotional changes

Sex: Sexuality and gender

Consent: Exploring the continuum

Respectful relationships: The foundations

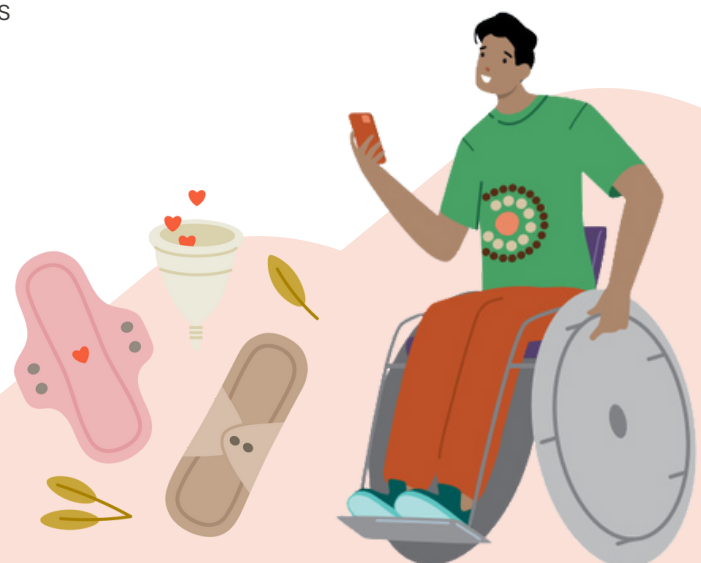
Power inequity in relationships: Gender and other imbalances

Media literacy: How to talk about porn without watching porn

eSafety: How young people explore and express sexuality online

Creating a classroom that is safe and inclusive of: Cultural diversity, LGBTQIA+ students, students of LGBTQIA+ parents, children with a disability, children with a religion and children of all genders

Partner with us in
promoting childhoods
free from violence,
where children enjoy
equitable and
respectful
relationships



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