

Living and growing program

Our Holy Redeemer Primary School, 2026

SEA's health and human development programs offer students an opportunity to gain age-appropriate information about puberty, personal safety, anatomy and reproduction. Our focus is on young people getting accurate information that will help keep them safe and healthy physically, socially and emotionally. We are inclusive and respectful of the wide-ranging values and beliefs that families have and know that all children need this information. **If children don't have this information explained to them by a trusted person then they are left at risk.**

Our sessions are interactive, fun and we use a variety of resources in the classroom including worksheets, discussions, videos and games. Our programs are based on the Victorian Curriculum and our teachers are qualified and specially trained.

Parent information evening – Years 3 to 6

Please join us for the parent and carer information evening via Zoom.

7.00pm Thursday 30 July 2026

<https://us02web.zoom.us/j/85059642550?pwd=LEiRWXGeJDHc8rxQeb34L9l2Paiur9.1>

Meeting ID: 837 9309 1769 – Passcode: 936580

We've designed these special one-hour information evenings for parents and caregivers who want to feel more confident to have important conversations with their young people about growing up, change and reproduction.

This online event also gives parents and carers the opportunity to hear about the classroom program before it begins – learn what exactly will be covered and how, and what won't be talked about – and to ask any questions.

Dates and content outlines for the Living and Growing classroom programs for different year levels are over the page.

'A thing I liked about health ed is that nothing is awkward or weird and we get great answers back to our questions.'

'I have enjoyed these classes I've learnt so many new things. I thought it might be embarrassing but it's really interesting and important.'

'I like SEA because they speak so calmly about the topic, explain how things work very well and the games are fun.'

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Year 3 & 4: Tuesdays 4,11,18 August

3 x 60-minute sessions over 3-week program

Year 5 & 6: Tuesdays 4,11,18 August

3 x 90-minute sessions over 3-week program

Year 3

- learn the proper names for simple reproductive and private parts
- talk about concepts of public and private, and learn about body safety, including body signals, identifying trusted adults and consent
- discussion about families
- talk about emotions and how to manage them
- growing up and change including an introduction to puberty

Year 4

- revise the proper names for private and reproductive parts
- talk about body safety and consent
- discuss what it means to be in a family
- simple explanation of conception, pregnancy and birth
- introduction to puberty
- simple explanation of menstruation

Year 5

- conception, pregnancy and birth explained
- learn the names and functions of reproductive body parts
- reinforce body safety messages and include key messages about everyday consent i.e. respecting personal space and listening when someone says no
- discuss puberty – what it is and why humans go through it
- learn about the physical changes of puberty and how to manage them
- where to go for more information & support

Year 6

- revise the names and functions of reproductive body parts
- reinforce body safety messages and the concept of body autonomy and consent
- revise reproduction
- revise the physical changes of puberty
- focus on social and emotional changes and practical tips on how to manage them
- discuss the range of feelings that individuals have about puberty; how to be supportive, kind and empathetic to peers
- explore friendships and family relationships and discuss how to manage conflict
- identify trusted adults who students can talk to for support and where they can go for more information