

Dear Parent/Carer

Your child will be involved in a sexuality education program run by FPQ (Family Planning Queensland) at school. This is an information sheet for you to help your child with the program.

Sexuality is about being male or female. It includes physical growth and development, self-esteem, self-concept, body image and relationships. Sexuality education assists young people to develop a positive attitude towards sexuality, provides them with information about taking care of their sexual health and helps them develop skills to make healthy decisions now and in the future. Sexuality education is a life long process, and whilst FPQ offers programs, children are also learning about sexuality from many different sources, eg. T.V., media, peers and schools. It is important for children to have factual, age appropriate and relevant information from a reliable source.

FPQ recognises that you are the primary sexuality educator of your child. FPQ supports parents/carers through education sessions aimed at encouraging parent-child communication. Parents/Carers and schools can work together to encourage healthy behaviours and attitudes about sexuality. The following information may be useful to start discussions with your child over the next few weeks so that you have the opportunity to reinforce appropriate behaviours and new skills and discuss your family's values, attitudes and beliefs about these topics.

To assist your child with these sessions and encourage communication between yourself and your child you may like to:

- ☺ attend parent Information session
- ☺ look out for homework and information sheets and;
- ☺ ask if they have any questions about the sessions or about any topics that were discussed.

Remember:

Children receive messages and develop attitudes based on verbal and non-verbal information. Often a reaction to a particular topic can give more meaning than actual words. Children need to feel that they are listened to, that their questions will be respected, and will be answered openly and honestly. Points to consider when talking to your child:

- ☺ Acceptance: your child feels valued and comfortable to ask questions;
- ☺ Individuality: each situation is unique, and learning is an ongoing process;
- ☺ Preparation: respond with honesty, openness, and acceptance to each situation;
- ☺ Time: listen, share, and show a willingness to talk;
- ☺ Children may not be interested in discussing this subject yet – a lack of curiosity does not necessarily mean there is no need for knowledge.

If you would like further information about the program please contact FPQ directly on **5479 0755** or for brochures and fact sheets please go to FPQ website: www.fpq.com.au.