

## The True All School Program

### Mapped to the Australian National Curriculum

The True All School program for primary schools is mapped to the National Curriculum, the benchmark for education of this type.

### Behavioural impact

The program delivers a coherent program across all school years, reinforcing learning and aiding recollection and behavioural change. The program keeps students engaged by focusing on young people's emotional and social development, rather than a purely biological approach.

### Flexibility

True's highly-trained educators work closely with schools to ensure that sessions meet their needs, with options ranging from one-off training to more comprehensive programs over several years.

### Teachers

True offers a suite of professional development opportunities for teachers in conjunction with the All School program. This training supports delivery and prepares teachers for questions that can emerge over time.

### Parents and carers

True offers parent information sessions to help parents initiate and maintain conversations with their children around sexuality.

### True's approach

True has been trusted by schools, families and community groups across Queensland for over 40 years. True's approach to education involves respectful facilitation, free of discrimination and mindful of the diversity in families and relationships.

## contact us

### Queensland wide

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For more information, pricing and locations, please visit [true.org.au/education/allschool](http://true.org.au/education/allschool)



## All School Program

# Primary



## Prep - Year 4

### Keep Me Safe

Keep Me Safe teaches personal safety to young people in a healthy, positive way. The program introduces skills that can protect children from abuse. The program runs from Prep to Year 4, maintaining consistent focus areas at each year level, while adapting the activities and structure to reflect childrens' increasing understanding and literacy.

#### Focus Areas

- Support students to identify types of touch
- Recognise and name external public and private body parts
- Private/public bodies, places and activities
- Understanding feelings
- Identifying a personal safety network

## Year 4 - Additional lesson option

### My Changing Body

My Changing Body is an optional lesson that addresses changes during puberty. Some young people have body changes happening at this age. It is important for students to have relevant information before these changes occur.

#### Focus Areas

- Physical, social and emotional changes as we grow
- Looking after our bodies
- Q & A

## Years 5 & 6

### Option 1 - My Lifecycle

My Lifecycle is a popular, highly effective two-lesson program. It provides information on puberty and reproduction and the focus areas are explored in more depth across a two-year period as students mature.

#### Focus Areas - Year 5

- Physical, social and emotional changes of puberty
- Peer pressure
- Reproduction
- Media and body image

#### Focus Areas - Year 6

- Physical, social and emotional changes of puberty
- Reproduction
- Relationships and decision-making
- Legal and social impact of sexting

### Option 2 - Growing Minds & Bodies

Growing Minds & Bodies is a thorough, cost-effective course in which True's educators work in partnership with the class teacher. The development of teacher capability is an important outcome of the program, as they become more comfortable handling conversations with students. Following professional development with True, the teacher facilitates the first three sessions of the course on respectful relationships, decision-making and peer pressure, and media and body image. True then leads the final session on puberty.

#### Focus Areas

- Puberty
- Relationships
- Decision-making
- Media and body image

## All sessions are mapped to the Australian National Curriculum

