



Dear Parents/Caregivers,

### Shine SA Health Program

The health program at Brighton Secondary School includes the topic of relationships and sexual health. Participation in the lessons aims to improve the students' ability to develop healthy relationships, be confident and happy within themselves and their bodies, and make well-informed and safe decisions in the future.

Research strongly supports the fact that young people want and need:

- accurate information about how to keep themselves safe
- to talk with their parents/caregivers about such things as the physical changes of puberty, menstruation, unplanned pregnancy, and contraception
- opportunities to talk to other adults about different relationships and sexual health issues.

In addition, studies have shown that young people who are educated about relationships and sexual health matters delay being involved in sexual activity.

We deliver a comprehensive curriculum to students in years 7-10 as part of their health program. Topics include: respectful relationships, puberty, reproduction, sexuality, gender, power, contraception, sexually transmitted infections, safer sex, gender and sexual diversity, consent, decision making and strategies to seek help and support.

This program, which will be delivered within a safe and supportive environment, builds knowledge, develops lifelong skills, and explores attitudes and values. At all times it will be sensitively addressed and relevant to the needs of the students. All the teachers involved in the curriculum delivery will participate in professional development, receive up to date information, and ongoing support.

This curriculum learning is part of a whole school approach towards relationships and sexual health and has been developed with input from service providers, students, teachers, and parents. It actively promotes the engagement of community health services and youth workers. The program aims to support and complement the role of the family in educating young people about relationships and sexual health and for this reason open communication is always encouraged. Please let us know if there are concerns.

SHINE SA also offer a guide for parents and caregivers communicating with their child about life, love, relationships and sex - 'Talk it like it is' - [https://www.shinesa.org.au/media/product/2015/04/Talk1Uowres1 .pdf](https://www.shinesa.org.au/media/product/2015/04/Talk1Uowres1.pdf)

All parents and caregivers are invited to contact our school if they would like more information.

Yours sincerely

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