I'm changing

Puberty

emotional
& physical changes

I am me!
Identity

Culture

Media influences

Body Image

Knowledge, Skills, Values

Peer Groups

Being healthy, staying safe
A Whole School Approach

We know that the Life Education program is most effective when it is integrated into a whole school approach to health education. That’s why we’re offering your school a comprehensive support system to help your students make informed choices for a safer, healthier life.

Our support can include:

- pre-visit with a Life Education sexual health educator
- presentations to staff or P&C
- the option of one session or multiple sessions delivered by Life Education in the classroom
- pre and post visit activities for classroom teachers to implement
- parent information session
- online teacher, student and parent resources.

Breaking New Ground

For 35 years, Life Education has partnered with schools in the delivery of health and drug education.

We are now excited to announce the launch of a new, innovative Sexual Health and Relationships program called ‘Talk About It’. This initiative is in response to a strong demand from Queensland schools for support in the delivery of sexuality education, a significant focus in the new national curriculum.

‘Talk About It’ has been developed to support the new Australian Curriculum. The strength-based activities are designed to explore contextual factors influencing sexual and social health and provide an appropriate learning environment to ‘Talk About It’!

Delivered separately to our existing health education modules, this program will be facilitated by specialist sexual health educators, working in partnership with your classroom teachers.

Developed with the support of Queensland Health, this ground-breaking program is:

- aligned to the new Australian Curriculum
- age appropriate
- flexible to meet student needs
- tailored to the schools’ ethos
- delivered in your classroom, not in the Mobile Learning Centre
- a model of evidence-based best practice.

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Compelling Content

At Life Education, we understand the need for sexuality education to be delivered appropriately. We also understand that schools may need support with some topics more than others. Our program will offer a diverse range of content from which schools can choose.

This includes:

**Puberty**
- social, emotional and physical changes associated with puberty
- coping with change and accessing support

**Healthy Relationships**
- discuss factors that influence how people interact
- explore healthy ways of interacting and working together

**Valuing Diversity**
- explore the influences on personal and cultural identity
- investigate and reflect on valuing individual and cultural diversity

“We live in an increasingly sexualised society and sex education in schools is increasingly important to help young people make sense of this.”

Professor Anthony Smith - La Trobe University
At School, In-the-Home and Out-and-About

You will be impressed by the digital tools available as part of our program, to enhance student learning.

Aside from the excellent multi-media content that forms part of our classroom delivery, Life Education has also developed a range of new high quality digital content that teachers, students and parents can access via computer or a mobile device. These online learning tools support and reinforce classroom teaching, enabling the learning to continue in the home, or even out-and-about.

Contact Us Now!

Life Education is ready now to support your teachers to deliver sexual health and relationships education. Call us so you can book in and ‘Talk About It’.

Phone 07 5572 0166 or email Life Education Queensland at qld@lifeeducation.org.au to secure your place.

Most kids are curious and want to ‘Talk About It’. Book your educator now.

About Life Education

Life Education Queensland is a health promotion charity and the largest non-profit provider of health and drug education to Queensland children and young people.