

Sexual health education made easy in SA Primary Schools

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Sexual health is much broader than just the biological 'bits and pieces' of puberty, reproduction and sexual activity. Relationships and sexuality are key contributors to identity and wellbeing, and children/adolescents have a natural desire to understand this aspect of their health.

This poster highlights how SHine SA (Sexual Health information, networking and education SA) supports primary years' educators with R&SH professional development, curriculum planning, methodologies and resources.

The SHine SA ***Teach It Like It Is – Primary*** curriculum Years 5-7 contains 45 lessons with learning activities that ensure students have opportunities to practise, create, apply and evaluate the knowledge and understanding needed to make meaning of their relationships and sexuality, and develop skills and attitudes that are the foundation for respectful relationships in their daily lives. Topics such as puberty, consent, relationships, diversity, gender, power, decision making, safe behaviours and seeking help are addressed in an age and developmentally appropriate way and revisited each year.

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The authors have no conflict of interest to declare.