

Smart Relationships Education



YEAR 6: **MATURING INTO ADULthood**

Name: _____

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WORDS, WORDS & MORE WORDS

1. Body	Our physical being.
2. Bottom	A part of the body that is private to both boys and girls.
3. Breasts	The front part of the body between the neck and the stomach. For girl's their breasts will produce milk when she has a baby.
4. Bribe	Someone trying to get you to do something by giving a gift or money.
5. Consent	Giving someone permission or approval for something to happen.
6. Decide	Having enough information to make up your own mind about something.
7. Gender	The term for one's sex. i.e. male or female.
8. Naked	Having no clothes on.
9. No Touch	When people want to touch parts of my body that they should not touch.
10. Penis	The part of the body that is private to boys.
11. Private Parts	Those parts of the body that are covered by clothing (underwear) or are special/private. These are "No Touch" zones.
12. Public Parts	Those parts of the body that are okay for people to touch with my consent.
13. Safe	When I feel secure, calm and okay.
14. Safety Network	The people in my life who keep me feeling safe.
15. Secrets	Things that we keep from people. Good secrets are fun and don't hurt people. Bad secrets hurt people and hid naughty and bad behaviour.
16. Strangers	People you don't know.
17. Threaten	Someone saying they will do something mean to you if you don't do what they ask.
18. Trusted Adult	A grown up who you feel comfortable talking to about anything that is troubling you.
19. Unsafe	When I feel scared and uncertain.
20. Vagina	The lower part of the body that is private to girls.

I AM...

Choose 3 Words that Define You

I am...

Draw a Picture of Yourself

THE FIVE DIMENSIONS OF OUR B.E.I.N.G.

B

1. _____ Being

E

2. _____ Being

I

3. _____ Being

N

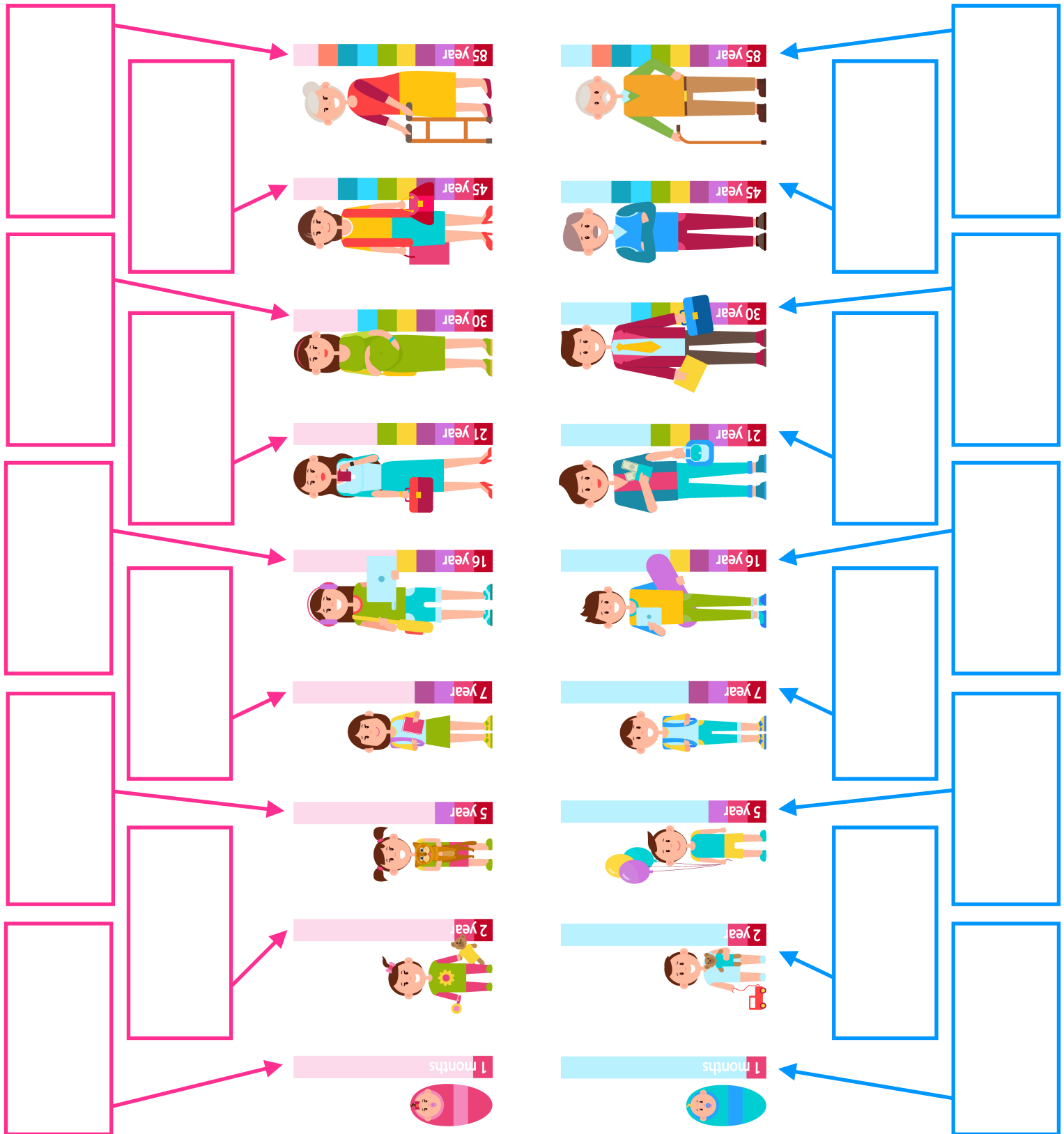
4. _____ Being

G









5. _____ Being




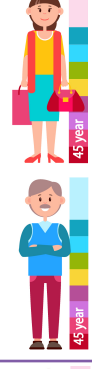

THE STAGES OF LIFE

Label each of the Stages of Life.

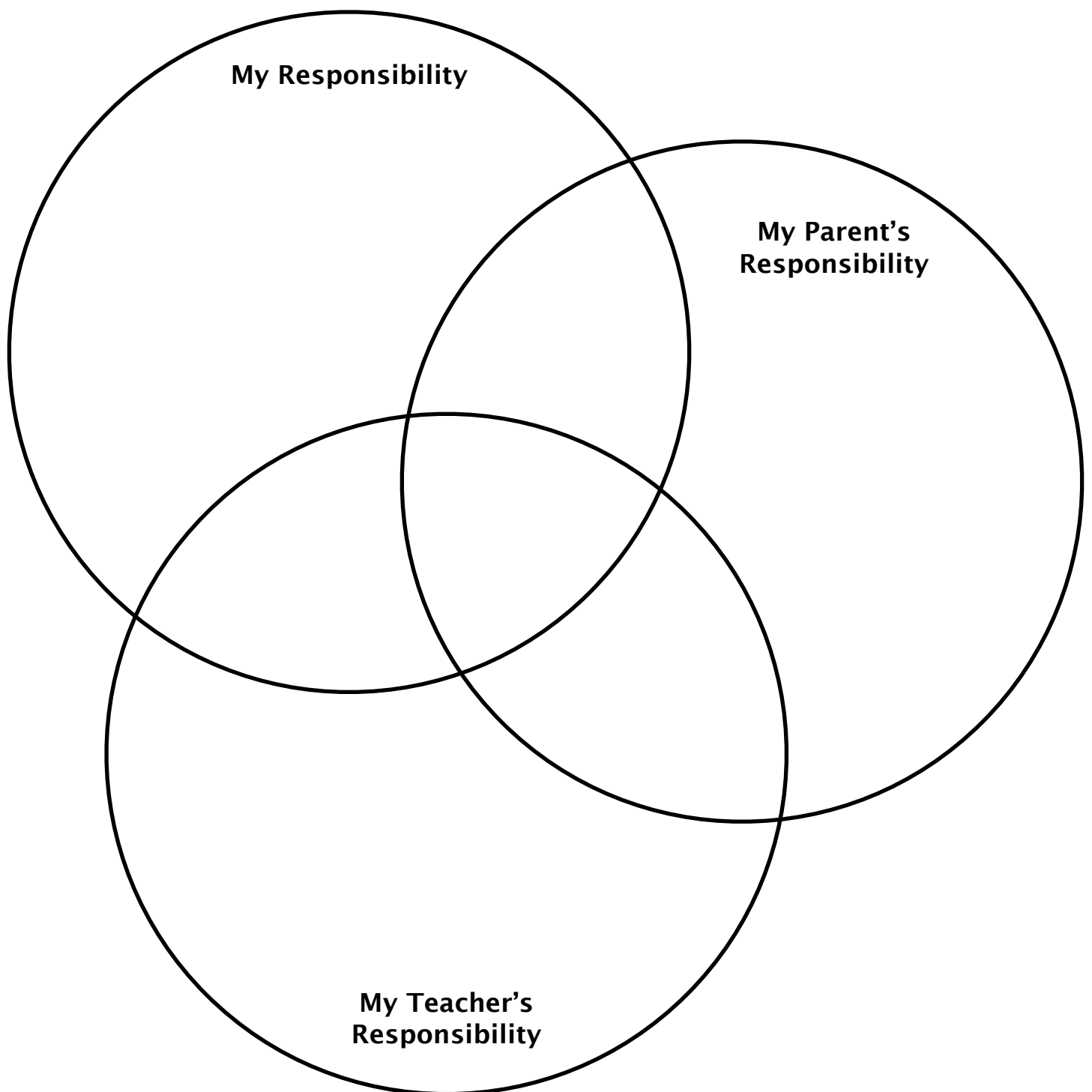


THE CHANGES OF LIFE

Stage	Body	Emotional	Intellect	Neighbour	God
 1 months  1 months			Learning to smile, walk, talk, etc.		
 2 year  2 year		Tantrums - learning I can't always have my own way			
 5 year  5 year				Making friends at school	
 7 year  7 year					Starting to question and make own choices about spirituality

	<p>Puberty - Changing from Child to Adult</p>				
			<p>Starting career</p>		
				<p>Create your own family</p>	
		<p>Reflecting on goals and dreams</p>			
					<p>Reflecting on spirituality</p>

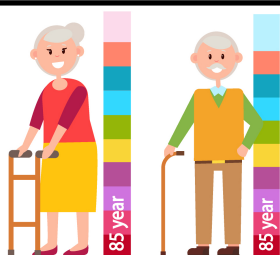
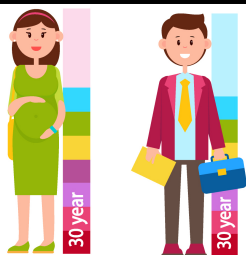
WHO'S RESPONSIBLE



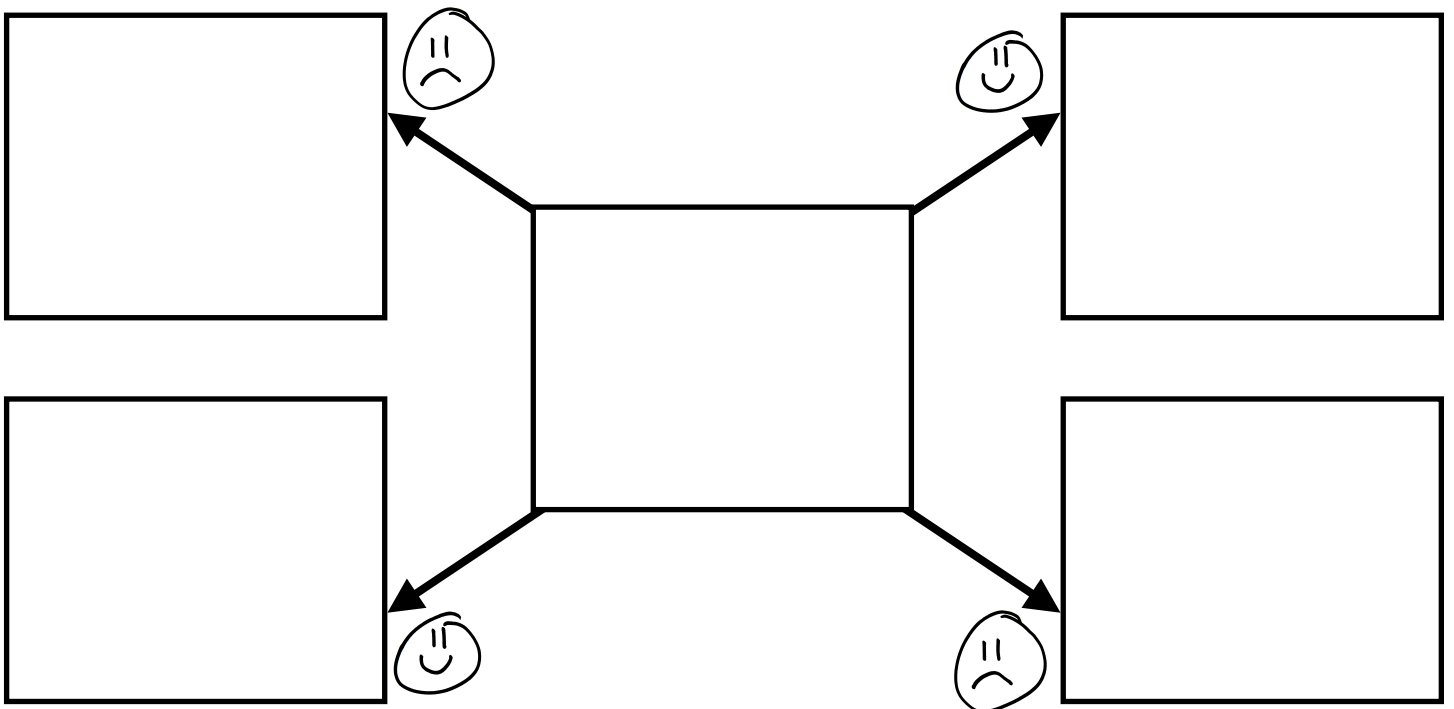
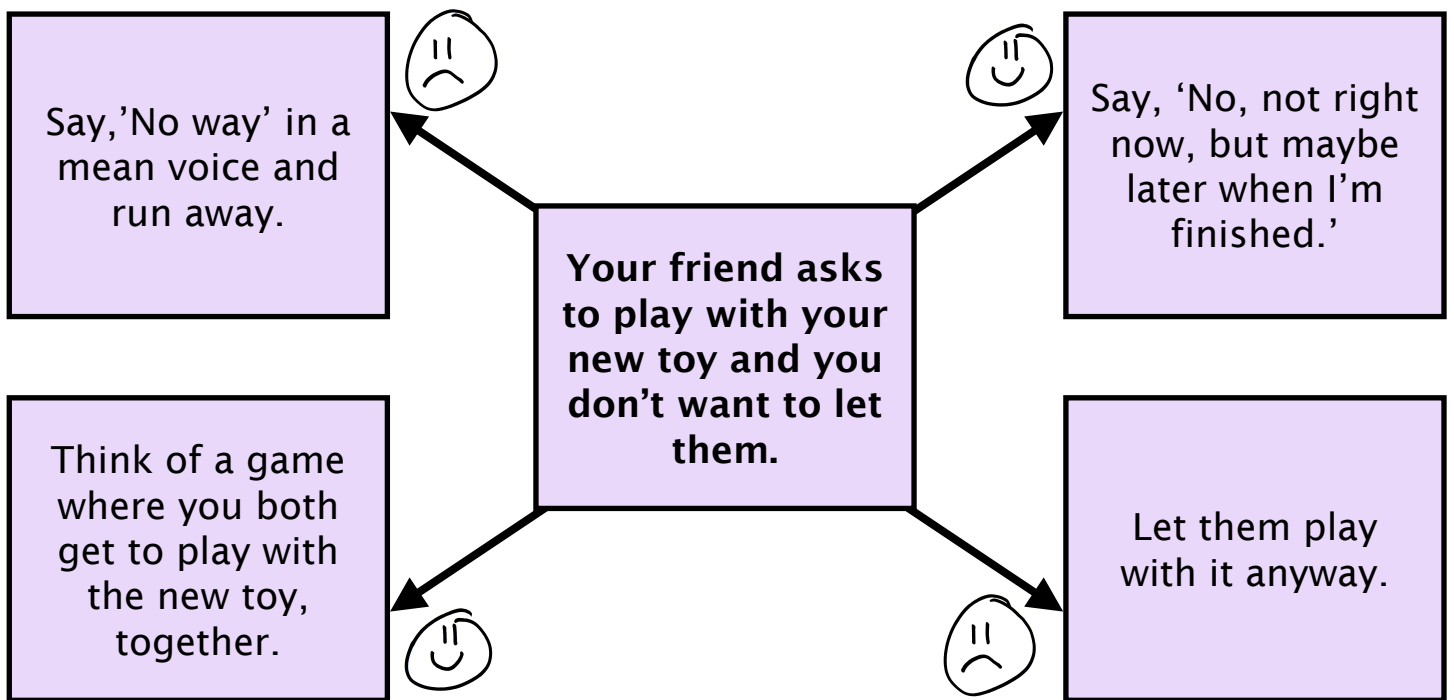
MY RESPONSIBILITIES

My Current Responsibilities are...

My Responsibilities in the Next Stages of My Life



BUILDING OUR OPTIONS



RESPECT

What is Respect?

HOW CAN I SHOW RESPECT?

My Self

Parents

Siblings

Friends

Friend's Parents

Teachers

Peers

Neighbours & Acquaintances

Strangers

MESSAGES WE SEND AND RECEIVE

What Messages I Hear?

What are the messages I hear about being a BOY?

What are the messages I hear about being a GIRL?

What are the messages I hear about BEING ACCEPTED?

What Messages Do I Send?

What are the messages I present to OTHERS about ME?

WHO sees the messages?

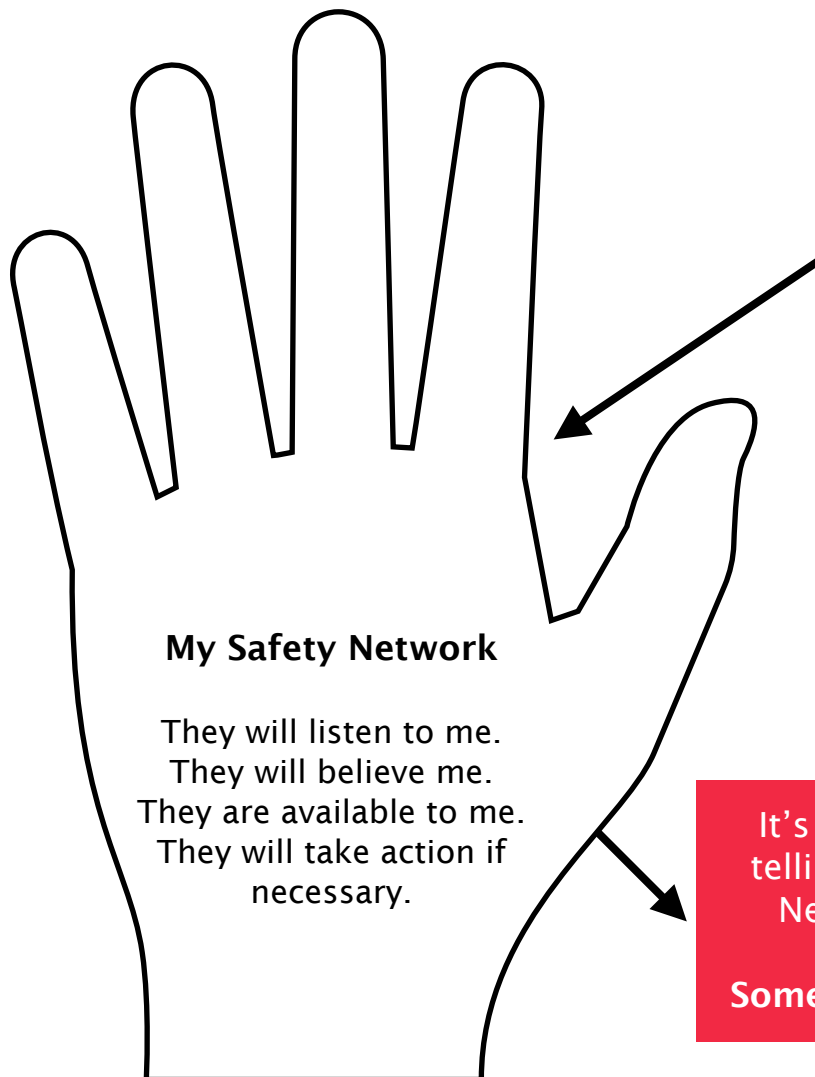
What are the messages I say with my CLOTHING?

SAFE AND UNSAFE FEELINGS

SAFE FEELINGS	UNSAFE FEELINGS
<p>Physical Feelings</p>	<p>Physical Feelings</p>
<p>Emotional Feelings</p>	<p>Emotional Feelings</p>

IF I EVER FEEL UNSAFE...

If I ever feel unsafe, my body gives me warning signs, like...



I need to think about why I am feeling this way.

And what has happened to make me feel unsafe.

Sometimes I'll know why I feel this way, and sometimes I won't - either way, I need...

It's never okay to feel unsafe - but telling a trusted adult on my Safety Network is the best thing to do.

Some secrets should never be kept!

A VALUABLE LESSON

#1 What would Uncle Charlie do that Matilda didn't like?



#2 What are Protective Behaviours?

#3 What were some of Matilda's Protective Behaviours when it came to going to Uncle Charlie and Aunty Rose's house?



#4 What did Matilda do when her Mum didn't listen to her and her feelings about Uncle Charlie?



#5 What did Uncle Charlie do when Matilda was getting ready to leave at the end of the book?



3 SAFETY QUESTIONS

1. Do I get a 'YES' or a 'NO' feeling?

2. Does an adult know where I am?

3. Can I get help if I need it?

My Body Safety Rules

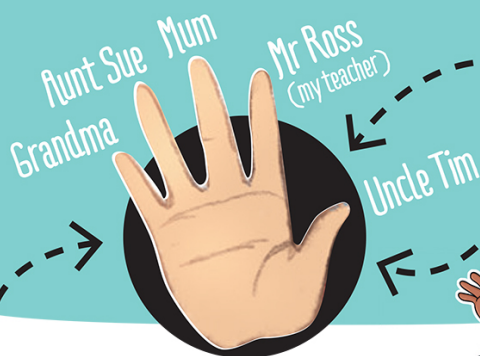
My body is my body and it belongs to me!

I can say, 'No!' if I don't want to kiss or hug someone.
I can give them a high five, shake their hand or blow them a kiss.
I am the boss of my body and what I say goes!



I have a Safety Network

These are five adults I trust. I can tell these people anything and they will believe me.
If I feel worried, scared or unsure, I can tell someone on my Safety Network how I am feeling and why I feel this way.



Private Parts

My private parts are the parts of my body under my bathing suit. I always call my private parts by their correct names.
No one can touch my private parts.
No one can ask me to touch their private parts. And no one should show me pictures of private parts. If any of these things happen, I must tell a trusted adult on my Safety Network straightaway.



Early Warning Signs

If I feel frightened or unsafe
I may sweat a lot, get a sick tummy,
become shaky and my heart might
beat really fast.

These feelings are called my Early Warning Signs. If I feel this way about anything, I must tell an adult on my Safety Network straightaway.



Secrets

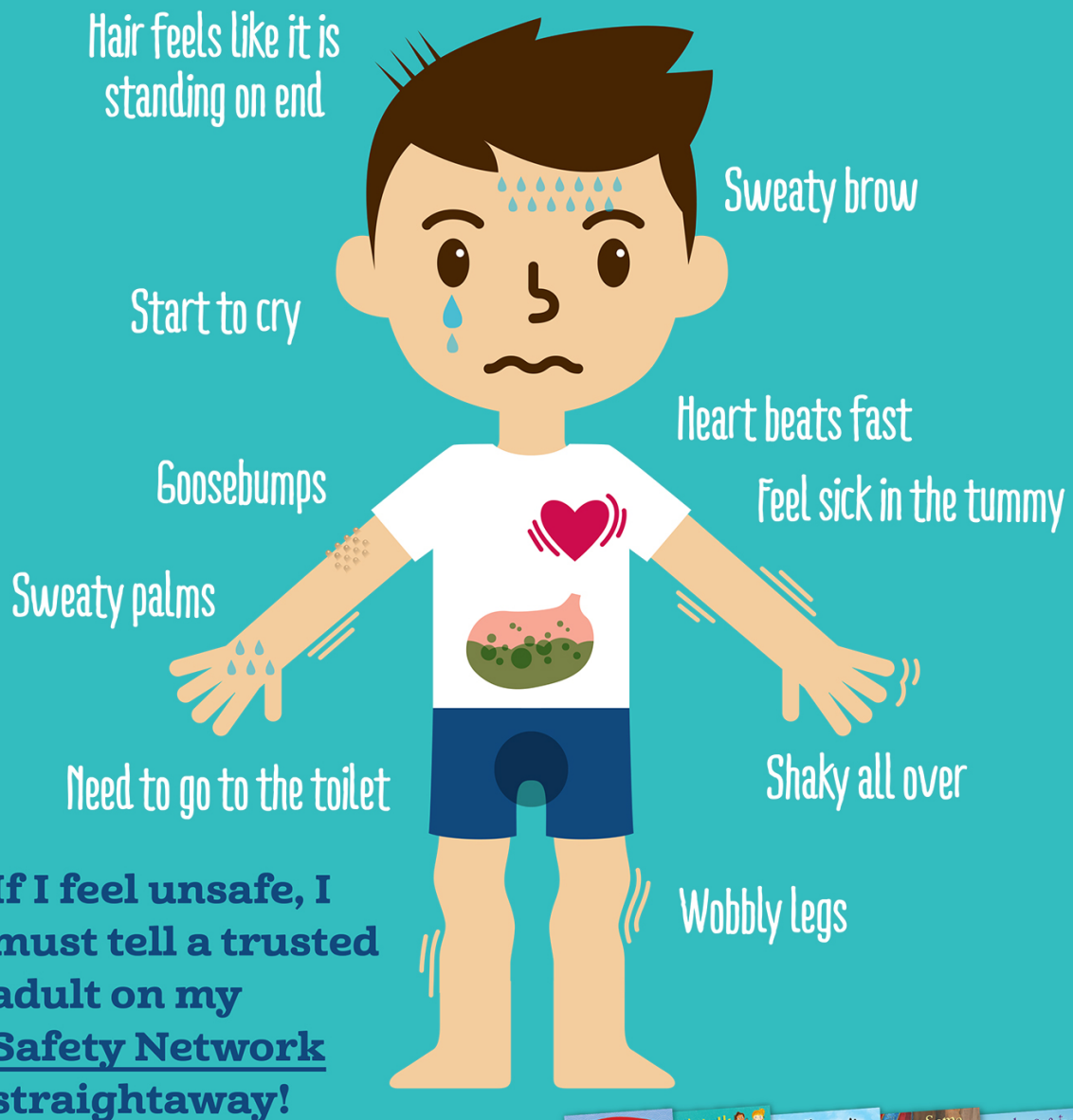
I should never keep secrets that make me feel bad or uncomfortable. If someone asks me to keep a secret that makes me feel bad or unsafe, I must tell an adult on my Safety Network straightaway!



My Early Warning Signs

If I feel unsafe my body lets me know.

Here is how!



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WHAT TO DO IF YOU SEE PRIVATE PICTURES OR MOVIES

#1 Where could you see private pictures or movies?



#2 Why are private pictures and movies dangerous?



#3 Why didn't Hayden-Reece tell his mum or another adult on his Safety Team straight away?

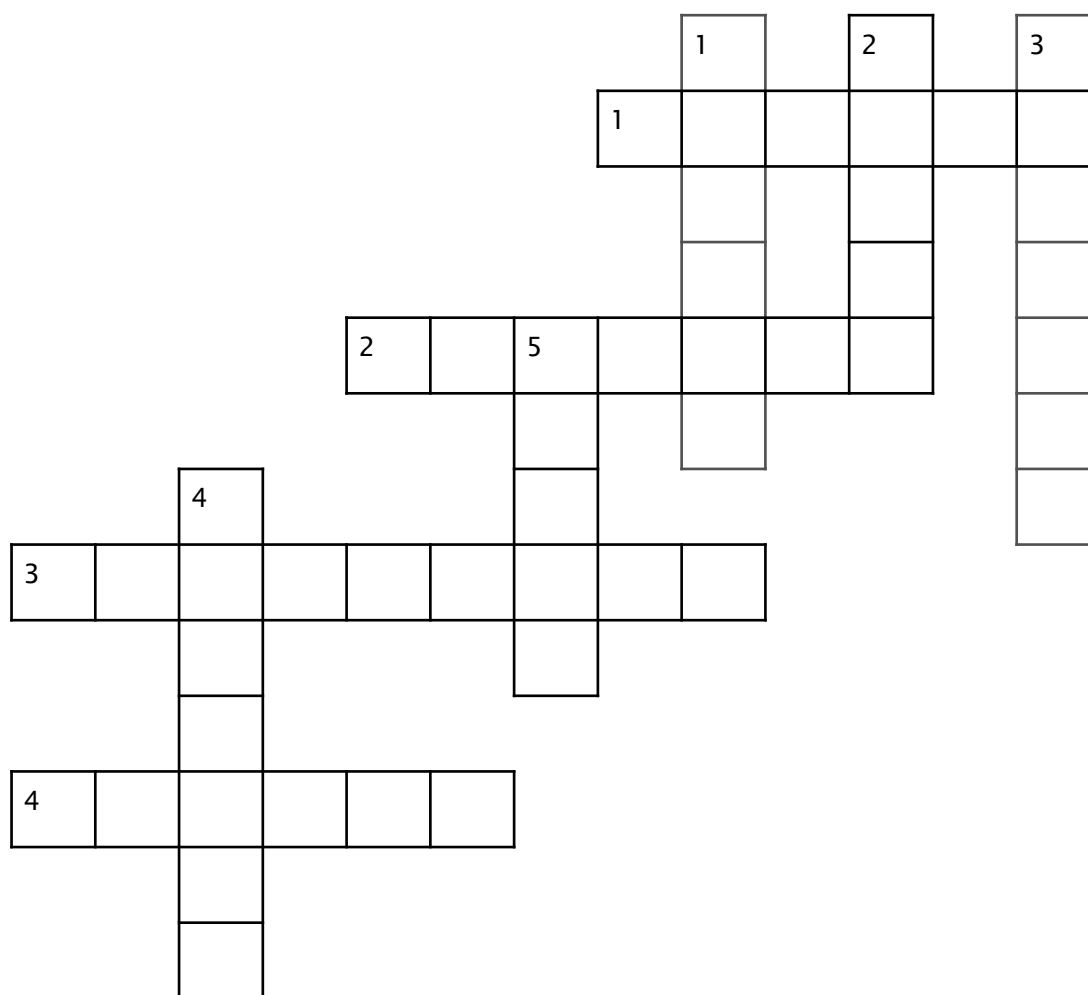


#4 What happened to Hayden-Reece after he saw the private pictures and didn't tell a trusted adult?



#5 Who could you talk to if you have any questions about our bodies or sex?

PUZZLE PAGES



ACROSS

1. Our _____ (6) is either male or female.
2. For someone to do something to me, I must give them my _____ (6).
3. People I don't know are called _____ (9).
4. If I'm feeling scared or uncertain, I am feeling _____ (6).

DOWN

1. If someone is telling me to keep a bad _____ (6),
2. I should tell a trusted _____ (5).
3. My _____ (7) parts are "No Touch" zones.
4. When girl's have babies their _____ (7) produce milk.
5. I am _____ (5) when I am not wearing any clothes.

G	O	U	T	S	I	D	E	D	W	I	H	O
E	C	A	B	B	R	I	B	E	B	W	B	A
A	E	P	F	E	J	F	V	C	A	A	J	A
R	G	U	E	L	I	F	E	I	I	R	I	A
L	I	B	O	D	Y	E	C	D	E	N	I	T
Y	T	L	E	L	K	R	A	E	I	I	N	E
H	H	I	I	V	J	E	S	I	G	N	S	G
P	R	C	H	A	N	N	G	I	N	G	I	T
O	E	A	W	G	B	T	O	U	C	H	D	A
S	A	F	E	I	O	V	E	U	A	S	E	E
E	T	A	C	N	T	A	I	P	A	R	T	S
B	E	H	E	A	T	R	U	S	T	E	D	I
C	N	E	T	W	O	R	K	W	V	A	A	N
P	E	N	I	S	M	R	T	I	E	G	N	I

BODY
 BOTTOM
 BRIBE
 CHANGING
 DECIDE
 DIFFERENT
 EARLY

INSIDE
 LIFE
 NETWORK
 OUTSIDE
 PARTS
 PENIS
 PUBLIC

SAFE
 SIGNS
 THREATEN
 TOUCH
 TRUSTED
 VAGINA
 WARNING

The LORD is my strength and my
defense; he has become my salvation.
He is my GOD, and I will praise him, my
father's GOD, and I will exalt him.

Exodus 15:2



