

People 1st Programme

School Programme Education Topics



Below is a list and a brief explanation of the topics we can cover in our education programmes.

For a more detailed description please contact PIP.

Feelings	Self Esteem	Building Resilience
Developing and recognising ones own feelings and the feelings of others.	Building confidence and strategies to maintain high self esteem.	Exploring the components needed to build resilience and aims to promote self confidence and high self esteem.
Public and Private	Assertive Communication	Protective Education
Exploring public and private concepts and identifying ok and not ok public and private behaviour and activities.	Developing skills in assertive communication that involve expressing feelings and rights in a direct, respectful way.	Exploring appropriate relationship boundaries and developing strategies for personal safety.
Healthy Relationships	Cyber Safety	Puberty and Hygiene
Developing skills to create and maintain healthy, respectful relationships and recognising signs of an 'unhealthy' relationship.	Exploring risks and developing skills to increase safety when using social media and the impact of unsafe use.	Exploring the physical and emotional changes that occur during puberty.
Hygiene	Masturbation	Menstruation
Developing skills to maintain good personal hygiene and exploring why it is essential.	Providing appropriate information about masturbation.	Developing skills for managing menstruation.
Sex and Sexuality	Women and Men's Health	Choices and Consequences
Developing an understanding of sex, sex and the law, consent, contraception, and safer sex practices including HIV/BBV/STIs and other infections.	Exploring common sexual health issues. Gaining knowledge of screening, testing and self-examinations.	Exploring choices and consequences and developing decision making skills.

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