



Realtalk

Presentations + Programs + Resources



Getting **REAL** on the topics of sex, relationships & personal identity

Based on Christian values and using personal sharing from a team of dynamic presenters, **Real Talk** provides seminars, reflection days & up-to-date resources. **Real Talk** believes that all young people should know their true value, worth and dignity and experience love for all it was created to be.

Seminars

Love and Life

'Love & Life' seminars and reflection days seek to impact students on the topics surrounding relationships and identity. Using dynamic sharing as well as multimedia, interactive learning and group discussions, these sessions focus on love, sex and relationships.

Explores such areas as:

- ◆ Self worth
- ◆ Making good choices
- ◆ The significance of sexual intimacy and the language of the body
- ◆ Respect and inclusiveness of sexual diversity
- ◆ Being critical consumers of unhealthy media messages
- ◆ The possible repercussions of poor sexual choices
- ◆ The biblical view of sex and marriage

Your students will learn that by living with sexual integrity a person can achieve their full potential and build meaningful relationships.

Consent & Respect

In light of recent media attention, the importance of educating students on the topics of consent and respect has never been clearer.

This seminar unpacks relationships, consent, respect & pornography* in a dynamic way that is underpinned by Christian values. Our Consent and Respect seminar is available across years 7-12 with age-appropriate content and some optional topics.

- ◆ The human dignity of every person
- ◆ Introduction to Consent
- ◆ The Law of Consent
- ◆ Consent in Practise
- ◆ Sexting
- ◆ Image-based abuse (revenge porn)*
- ◆ Consent & respect

*Please note that the topics of pornography and image-based abuse are optional inclusions to the double lesson seminar.

Parents' & Caregivers' Nights / Staff PD

At Real Talk we believe that parents and caregivers are the primary educators and motivators within a child's life and should be supported in this role by what is taught at school. We provide strategies, tools and language for important, age-appropriate conversations relating to current culture, digital world, sex and relationships.

Year Levels

Grades 7 – 12

- Age appropriate & tailor made

Available as

- Small or large group options
- Years 7/8, 9/10, 11/12 formats
- Full day retreat/reflection days
 - The most effective format
 - For co-ed groups we offer male/female only sessions as part of the day
- Double lesson
 - eg. 100 minute seminar

Tailor made sessions

- Different lengths
- Different presentation material (with a focus on specific topics)

Year Levels

7 & 8, 9 & 10, 11 & 12

School Type

- Co-educational schools
- Single-sex schools

Session Type

- Single lesson seminar (40-60 minutes)
- Double lesson seminar (90-120 minutes)





Tackling the big issues

More than just another talk on digital citizenship that outlines **what not to do**. Real Talk will provide a seminar experience that truly impacts lives, leaving a lasting impression in a **compelling, interactive and personal way**.

Love, respect and dignity

Giving more than just advice, Real Talk will relate these topics back to the human person and how at the heart of healthy tech use is an understanding of life as a gift and seeing each and every person as being created for love, respect and dignity.

Topics covered

- Cyber safety, bullying & cyber harassment
- Sexting & Pornography
- Digital reputation & digital footprint
- Healthy tech use
- Critical literacy
- Impact of the media
- How to always value the 'real' person
- What to do if....

Male only sessions

STRONGER



The idea of what it means to be a real man is much maligned in today's world. We encourage and challenge students to develop their character by making good, and at times hard, decisions. 'Stronger' illuminates the idea that men are defined by the choices they make.

Tackling the big issues like pornography, relationships and bullying, the presentations encourage the participants to be men of character whilst affirming the dignity of women. Like muscles that give physical strength, character and success are propagated through good training and hard work.

'Stronger' calls forth a higher standard for the men of tomorrow.

Female only sessions

Brave & Beautiful



'Brave & Beautiful' highlights the innate value and beauty that every woman possesses. This session works to expose the false portrayal of beauty in today's world while encouraging strength and resilience in women.

Addressing issues such as self-image, the beauty industry, eating disorders and how to recognise true beauty, this session encourages and empowers girls to see the truth of who they are and how God created them to be. It draws forth confidence, maturity and a desire for healthy relationships.

Primary Schools

Love & Life (Primary): Curriculum based primary sessions work as a stepping stone to assist students to developmentally prepare for deeper conversations around topics surrounding sex and relationships when they enter high school. Using dynamic presenting, games, activities and discussion Real Talk explores:

- ◆ Being created in the image and likeness of God
- ◆ Self worth and appreciating diversity (others and self);
- ◆ The importance of good choices and healthy relationships;
- ◆ The impact of the media on how we see ourselves and how we act;
- ◆ The importance of our bodies, the value and meaning of sexual body language.

Let's Talk: Real Talk's puberty seminar. Let's Talk identifies and discusses the emotional and physical changes that students will experience as they journey through puberty. Contemporary video content created by Real Talk, along with personal sharing from both male and female presenters and time for questions and discussion with students means that students are engaged in learning about this important topic from the HPE curriculum.

Year Levels

Grades 5, 6
- (Grades 5 & 6 combined)

School Type

- Co-education school (male & female led split-sexes sessions)
- Single sex schools

Session Type

- Double lesson seminar: 120 mins
- Full day retreat/reflection days
- Tailor made session (eg. Single lesson, half day)



“If you are looking for great presenters...look no further”

“We had students say to us that it was the most impacting part of our Pastoral Care program. We also saw the changes it brought not just in individual students, but to the culture of the group.”

Tim Bowles

*Chaplain/Head of Religious and Values Education
Moama Anglican Grammar School*

“Our students were led gently, by these wonderful presenters, through what can be a difficult and sometimes affronting issue for our young people . . . If you are looking for good presenters . . . look no further. I definitely will be booking Real Talk again . . . WOW! What a find!!”

Nancy Rodgers

APRE Trinity College



Realtalk

Education



Values-based education & wellbeing programs

READY-TO-TEACH LESSONS

on topics including human dignity,
personal identity, relationships and sex.

FREE LESSONS ON

- ✓ consent
- ✓ self-worth
- ✓ self image
- ✓ cyber safety

3 READY-TO-TEACH PROGRAMS

FLOURISH

YR 5 - 7

PROSPER

YR 7-10

EQUIP

YR 10 - 12

WWW.REALTALKEDUCATION.ORG

Resources

Student Mini-Mags

A resource for growing self-awareness, good decision making and healthy relationships

'Mini-Mags' provide a fun, informative and interactive medium for students. More than just a resource, 'Student Mini-Mags' include contemporary discussions, quizzes and links to powerful 'Mini Movies'. They serve as a compelling companion that meets the Health and Physical Education, Religious Education and Personal Development curriculum.



"Let's Talk" Puberty Video Resources

12 month subscription to our "Let's Talk" video resource used in our "Let's Talk: Puberty" student series.

www.realtalkeducation.org/product/pubertyvideos



Girl Talk

(Middle school, Years 5 – 9)

'Girl Talk' is an eight week identity program specifically designed for preteen girls.

This program takes girls on a journey into womanhood. It covers issues like making good choices, friendships and peers, beauty and more...

The "Girl Talk" resource includes a workbook, DVD and enhanced CD with all the ideas, input and presentations needed to run the program at school, church or home. "Girl Talk" is ideal for middle school.



Pornography, Love & Relationships*

(Video resource for staff & students, Years 10 – 12)

This two-part presentation uses a deeply personal approach to delve into the pandemic of pornography and how it is impacting lives and relationships.

This video is essential viewing for leaders, school staff and older secondary school students and comes with discussion questions for groups.



Relationships: Dating, Sex & Marriage*

(Video resource for students, Years 10 – 12)

A two-part presentation that forms a comprehensive and compelling look at all the big issues. Featuring 10 tips for relationship success, this live seminar leaves no question unanswered.

**Used together, these two resources form a four seminar (4-8 lessons) series that sets young people up for future happiness.*

For enquiries & prices contact us:

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