

Love Bites and Love Bites Junior are extremely successful Respectful Relationships Education Programs for young people aged 11-17 years.

Love Bites is based on best practice standards for education programs as recommended by the Federal Government funded Australian Domestic and Family Violence Clearing House and other leading academics in the area of violence against women & young people.

New Trauma Responsive Love Bites Senior Program

Love Bites Senior is a Respectful Relationships Education program for young people aged 15-17. The program is built on a trauma-responsive framework, shaped by research with ACU and guided by the lived experiences of young survivors. It is designed to create a safe space for young people to explore respectful relationships, using a strengths-based approach that empowers them to participate, build skills, and make informed choices.

The Trauma Responsive Senior Program is **divided into 5 key topic areas**:

1. Understanding & building respectful relationships.
2. How gender stereotypes affect respectful relationships.
3. Abuse in relationships – when things start to go wrong.
4. Relationships, sex and consent.
5. Speaking out, offering support and creating change.

The program can be delivered as a full-day or in multiple session format. It emphasises the importance of a whole-school commitment to respectful relationship education.

Love Bites Junior

Love Bites Junior is designed for young people aged 11-14, focusing on respectful relationships development. It includes three programs that build on the success of the original Love Bites program, which has been implemented since 2003. Community feedback highlighted the need for respectful relationship education for younger students.

The program consists of three parts:

1. **Respectful Relationships Start With Me (Year 7)**: Covers identity, emotions, relationships, consent, stereotypes, conflict, online safety, and respectful behaviours in real-life and digital spaces.
2. **Respectful Relationships, Stereotypes & Upstanding (Year 8)**: Explores identity, diversity, stereotypes, consent, respectful behaviour, online safety, bullying, boundaries, and standing up for others.
3. **Respectful Relationships, Love, and Control (Year 9)**: Focuses on values, emotions, gender messages, consent, breakups, online behaviours, support-seeking, and building safe, respectful relationships.

These programs are designed to be delivered consecutively, with each session building upon the skills and knowledge of the previous one.

Love Bites Program Overview



Year 7

Respectful Relationships
Start with Me

- Understanding You
- Managing Emotions
- Identifying and Challenging Stereotypes
- Setting Boundaries
- Consent
- Healthy vs Unhealthy Relationships
- Coercive Control
- Resolving Conflicts
- Relationships and Social Media
- Interacting Online
- Bullying and Upstanding
- Creative Session

Year 8

Respectful Relationships,
Stereotypes and Upstanding

- Who am I?
- Respectful Relationships and Cultural Diversity
- The Influence of Gender Stereotypes
- Identifying Respectful and Disrespectful Behaviour
- Communicating Boundaries
- Understanding Consent
- Bullying and Relationships
- How to be an Upstander
- Engaging Online
- Creative Session

Year 9

Respectful Relationships, Love,
and Control

- What's Important to Me?
- Unpacking Emotions
- Messages about Gender Stereotypes and Relationships
- Identifying Respect and Abuse in Relationships
- What is Sexual Consent?
- Managing Break Ups
- Recognising Bad Vibes Online
- Being an Upstander
- Seeking Support
- Creative Session

Trauma Responsive Senior (Years 10-12)

- Understanding and building respectful relationships
- How gender stereotypes affect respectful relationships
- Abuse in relationships - when things start to go wrong
- Relationships, sex and consent
- Speaking out, offering support, creating change
- Creative session