



Government of **Western Australia**
Department of Health

GDHR: Growing and developing healthy relationships

Providing curriculum support for teachers in relationships and sexual health education
for 15 years!

Sexual Health and Blood-borne Virus Program
Communicable Disease Control Directorate

Maryrose Baker, Senior Policy & Planning Officer

health.wa.gov.au



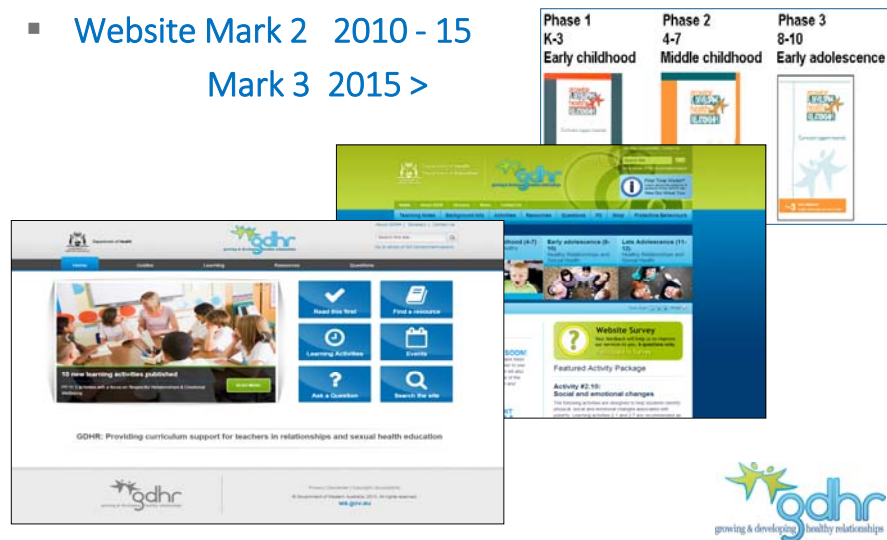
Part of DoH suite of educational resources and programs developed/funded by SHBBVP targeting in school sector.

- **Students** - x3 puberty series booklets, GTF website
- **Parents** - 'Talk Soon Talk Often', 'Yarning quiet ways' books & tip sheet, (website coming soon)
- **Teacher education and training** - Curtin.
- **Teachers** – GDHR Curriculum materials and support



GDHR Teacher Curriculum Support Materials

- Books 2002 – 2010
- Website Mark 2 2010 - 15
Mark 3 2015 >



The image shows a collage of materials related to GDHR. At the top right, there are three boxes representing different phases: Phase 1 (K-3 Early childhood), Phase 2 (4-7 Middle childhood), and Phase 3 (8-10 Early adolescence). Below these are three book covers. In the center, there is a screenshot of the GDHR website's main page, which includes a navigation menu with options like 'Home', 'About', 'Curriculum', and 'Resources'. The main content area features a 'New! 10 new learning activities published' banner and a 'Website Survey' section. At the bottom right, the GDHR logo is displayed with the tagline 'growing & developing healthy relationships'.

GDHR - An upgrade and update journey. . . are we there yet? No, it's ongoing!

Content review and development

- **External consultants and consultation (2012 >)**
 - Reference Groups
- **Australian Curriculum** *Currently - two versions available: 8.1 and 7.5 as States 'in transition' determining own timeframe, take-up and which version used.
- **WA H&PE Curriculum – 2016 familiarisation, 2017 full implementation (assessment)** [WA Syllabus](http://k10outline.scsa.wa.edu.au/home/p-10-curriculum/curriculum-browser/health-and-physical-education)
<http://k10outline.scsa.wa.edu.au/home/p-10-curriculum/curriculum-browser/health-and-physical-education>
- **Curriculum writers and expert consultants contracted**
- **Established quality control review process**
- **Strong tertiary and health and education sector partnership focus**



GDHR: The 'journey'

Content migration

- Existing content reviewed, 'cleaned-up' & migrated

New Material developed

- GDHR content aligns directly with Australian Curriculum & WA Curriculum HPE (Syllabus) plus more!
- [WA Syllabus](http://k10outline.scsa.wa.edu.au/home/p-10-curriculum/curriculum-browser/health-and-physical-education/) <http://k10outline.scsa.wa.edu.au/home/p-10-curriculum/curriculum-browser/health-and-physical-education/>
 - Related content can be discovered from multiple-entry points and links
 - Learning Activities metadata links to Scootle



GDHR – ongoing review & evaluation cont.

- New Portal built
- Content migration and development of new material
- New Portal officially showcased October 2015
- GDHR content aligns directly with Australian Curriculum (V8) & Western Australian Curriculum: Health & Physical Education
- Gaps in Learning Activities being reviewed and managed.



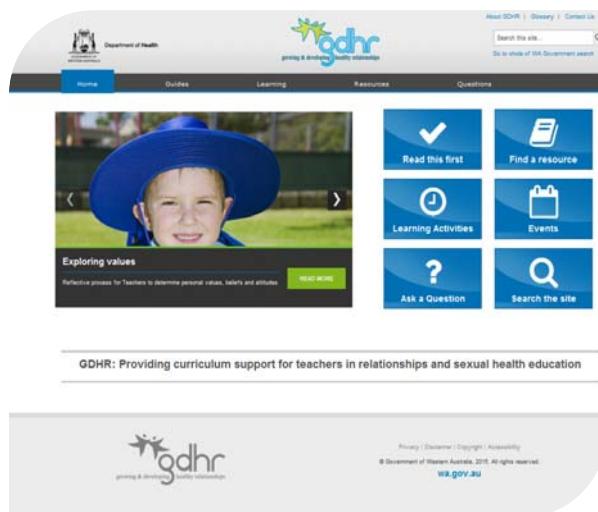
GDHR - Mark 3

Latest technology

- New Portal developed
- Mobile - tablet – desktop compatible




www.gdhr.wa.gov.au




Provides Teachers with

- Guides on what, why and how to teach SRE
- Background notes
- Learning activities
- Recommended resources
- Events & PD
- 'Ask a question'





Guides






Home
Guides
Learning
Resources
Questions


In this section


- + Teaching sexuality education
- + What to teach
- > Background notes

Guides: Read this first

This section provides an important starting point and place of reference for teachers when planning to deliver SRE. Encouraged to "Read this first", Teachers will access supporting and essential information about why, how and what to teach. Select from navigation links at left or below to find out more.


-  [Teaching sexuality education](#)
-  [What to teach](#)
-  [Background notes](#)





Guides: Teaching sexuality education

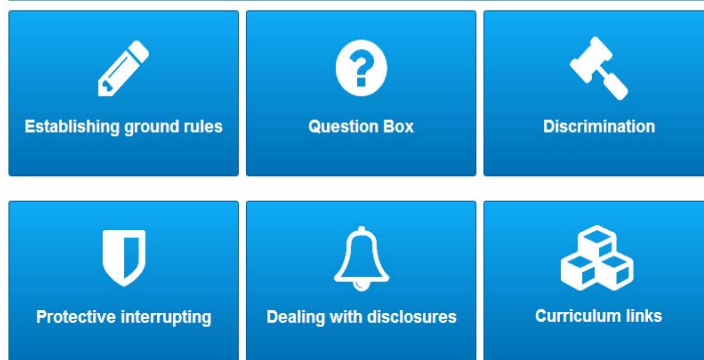
- **Guiding Principles**
 - Underpinning guiding principles for SRE
- **Exploring Values**
 - 'Who am I in this?' (the Teacher)
- **Resilience and life skills**
 - Assist students to strengthen a sense of self and build skills to manage healthier (respectful) relationships
 - Health Promoting Schools Framework
- **Home partnerships**
 - Include Parents/Carers/Guardians





Guides: What and how to teach

What to teach: Essential information



Guides: Background notes

24 background notes including:

- Abstinence, safer sex and contraception
- BBV related risks - Body art, Needles and syringes
- **Body image**
- Gender - Gender diversity, Sexual orientation
- Healthy relationships – Gender power, consent
- Puberty
- Social media – Cyberstalking, Cyberbullying, Sexting
- Young people and accessibility to and influence of pornography



Learning

Almost 60 Learning Activities

Can select by

- Topic
- Year level (K-10)

- Reflects latest curriculum versions and updates
- Responsive not static (online changes vs. desktop published PDF versions)
- Download & Print (PDF, Word)
- Single screen view
- Quick links to related: Student Activity Sheets; Teacher Resources; teaching strategies & other recommended resources



Learning Activities: Select a Topic



Learning Activities: Select a year

In this section

- > Kindergarten
- > Pre-Primary
- > Year 1
- > Year 2
- > Year 3
- > Year 4
- > Year 5
- > Year 6
- > Year 7
- > Year 8
- > Year 9
- > Year 10

[Return](#)

Activities

Introduction to STIs and BBVs
Year 7

Students develop an understanding of the contraction of infections through a role play simulation. This understanding is extended through researching reliable and trustworthy websites for suitable prevention strategies specifically relating to Sexually transmitted infections (STIs) and Blood-borne viruses (BBVs).

GDHR Topics
Staying safe
[VIEW ACTIVITY](#)

Menstruation and conception
Year 7

Students develop an understanding of the purpose and function of menstruation and conception, and the relationship between the two processes.

GDHR Topics
Growing Bodies
[VIEW ACTIVITY](#)

Think-Feel-Do
Year 7

Students examine scenarios around sexual attraction and gender identity to highlight how emotions and decisions can affect outcomes for themselves and other people.

GDHR Topics
Diversity
[VIEW ACTIVITY](#)

Transitions and identity
Year 7

Students investigate the development of gender and sexual identities, and discuss the reasons for developing gender expectations and making connections between social expectations and personal/self-expectations.

GDHR Topics
Emotional Wellbeing
[VIEW ACTIVITY](#)

Learning - Lesson template

- Year level
- Description
- Learning Focus
- Key Understandings
- Materials
- Related Items
- Teaching and Learning Activities
 - Before you get started
 - Whole class
 - Independent or Small Group
 - Reflection

Related Items

- Teaching Resource (download)
How would you feel
Decision-making plan
- Guides
Establishing ground rules
Question box
Adolescent relationships

growing & developing healthy relationships

Reproductive systems

Year 5 Learning Activity

Description
Students develop an understanding of reproductive systems.

Learning focus
Male and female reproductive systems

Key understandings

- The changes associated with puberty involve physical and emotional changes.
- There are changes associated with puberty.
- Certain changes associated with puberty are related to the physical changes.
- Maturity means different things for different people.
- Many of the physical changes associated with puberty are related to the physical changes.

Materials

- 'Goodie bag' made up of tissue, plastic cup, blu tac
- Teaching Resource: Unlabelled Male and Female Anatomy
- Teaching Resource: Anus
- Optional: Girls and Puberty
- Optional: Relationships
- Optional: A4 blank sheet

Teaching and Learning

Before you get started

- The most common question about sex is about the time, puberty is the time between childhood and adulthood. It is also the time when students appreciate it privately place themselves feel reassured and less greater empathy and if every other human has.
- The topic of puberty in some students may feel going to be exciting and fun with excitement and fun.

Year 5 Learning Activity: Repro © 2015 Government of Western Australia

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Year 5 Learning Activity: Repro © 2015 Government of Western Australia

Resources: 140+

- Agencies, Programs and Links
- Books (Fiction)
- Booklets and Brochures
- Events and PD
- Guidelines
- Illustrations
- Professional Associations
- Research and Reports
- Videos and Animations

*Where relevant resources are organised by location e.g. WA, Australian and International



Guidelines - Western Australian

Guidelines for Supporting Sexual and Gender Diversity in Schools

This document, developed by the WA Department of Health in 2015, is a guide to the provision of effective school education about STIs.

Guiding Principles for the Provision and Practice of Sexual Health Education

This document, developed by the WA Department of Health in 2015, is a guide to the provision of effective school education about STIs.

Sexual Health & Blood-borne Virus (SHBBV) Program Planning Toolkit for Professionals

The SHBBV Program Planning Toolkit emphasises the importance of a collaborative approach to planning. The toolkit uses the repeat program planning (RPP) Plan-Do-Check-Adjust cycle to support the development of a program plan with specific, measurable, achievable, relevant and time-bound (SMART) objectives, evaluation and final feedback research activity. Thank and welcome and links to additional suggested resources.



Questions

FAQs – set of answers

- using GDHR
- what teachers, schools ask
- what students ask
- what parents ask

OR

Ask a Question?



Search GDHR

- Search this site - results can be filtered from a key word search by:
 - Content type (background note, activity, resource collection, event etc.)
 - Document type (PDF, Word, PowerPoint)
 - Year level etc.



GDHR – the subject of ongoing review & evaluation

- Audit of teacher awareness and uptake of GDHR via on-line survey: 2005 . *Catalyse* Data Analysis and Report: 2006.
- IAG contracted by Tender to review, benchmark, content development and rewrite. New learning activities written aligned with Australian Curriculum V1 -2012



Impact Evaluation study - 2016

‘John Scougall Consulting Services’ -Formative evaluation process to improve and refine GDHR

- a) assess how well the resource is working
- b) identify practical ways to strengthen.

Areas being investigated:

- Identify changes in values and behaviour of teachers **through use of GDHR**
- Compare **curriculum elements of resource** with recognised good practice
- Collect baseline data **which may be used for longitudinal study measuring impact over time**
- **Make** findings and recommendations for the future



Impact Evaluation Methodology - a mixed methods approach and process

Reference Group academic, medical researcher, classroom teacher (secondary), A/Dep principal/classroom teacher (primary), school health nurse, consultant educator/web content expert

Literature review - Relationships & Sexuality Education best practice and theory

Desktop Review

Program Logic Workshop -x19 participants with education policy & program background (included NGOs, tertiary-ed, Govt, Independent/Private sector etc.)

On-line survey questionnaire (May) - 150 usable responses



Impact Evaluation Methodology cont.

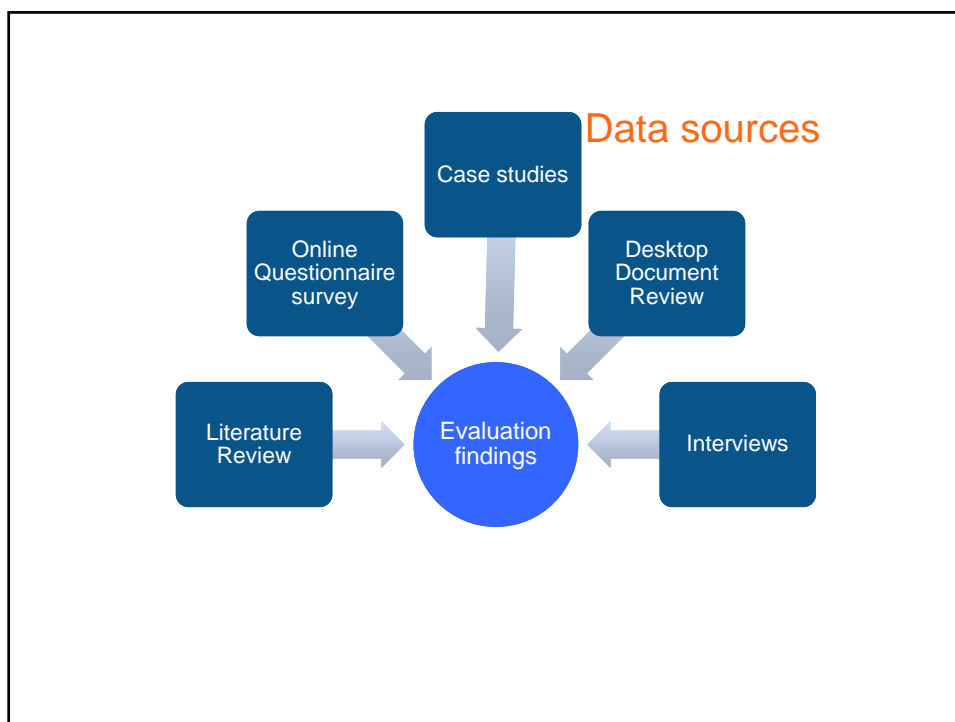
Qualitative interviews

- x 8 selected users/practitioners (x 4 teachers, academics, school nurses, program managers)

Case studies

- x 2 selected sample sites - (small manageable sites such as a group, workplace or organisation) AISWA/SCSA and I.T provider





What's Next

- Development of scope and sequence/unit themes of LA for secondary years
- Subsequent addition of Assessment tasks linked to WA Curriculum.
- Final Impact Evaluation Report expected September
- Review of Report & Recommendations
 - Establish Action & Implementation plan
 - Build-on Teacher feedback
- Targeted campaigns to increase access & usage
- Establish Curriculum and Academic Review panel

What's Next cont.

- Data Analysis: targeted campaigns increasing, awareness, access & usage (Google Analytics)

- ESA Syndication: Scootle – AC



- Establish Advisory Group – Governance model with national representation
- Collaboration with Education, Tertiary & Research partners
- Online SRE 'Communities of Practice' for teachers

Ongoing review, update and additions – INCLUDING LEARNING ACTIVITIES for SPECIAL NEEDS TEACHERS and other relevant MATERIAL!



Feedback, comments and questions
WELCOME.

Thank you from the GDHR Team ☺
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