

# Managing emotions

## Learning objective

Students explore the implications of intense emotions on self and others and develop personal strategies to cope with the intense emotions that can result from adverse situations and the demands of others.

## Take Home Messages

- Intense emotions are useful because they let us know if we are experiencing something positive or something that we need to protect ourselves from.
- If intense emotions control us, we can act without thinking and cause harm to self and others.
- With intense emotions, it helps to find a way to calm down what's happening in the body; use optimistic thinking; and then find a way to solve the problem in a positive way.
- If we feel angry we may need to stand up for our rights and protect ourselves in some way.
- There are a range of situations that provoke anger in self and others.
- Anger is sometimes confused with fear.

## Materials

- Student Activity Sheet: [Things that make me go Grrr...](#) [one per student]
- Book: [How to take the Grrr out of Anger](#) (Elizabeth Verdick and Marjorie Lisovskis)
- Student Activity Sheet: [I know how to manage intense emotions](#)

## Before You Get Started

- The Year 4 activity: [Responding to challenging situations](#) should be completed before this activity to ensure students have an understanding of the concepts of optimistic thinking and positive self-talk.
- Ensure that students understand and consider internal and external body signals (in self and others) associated with a range of feelings.

## Learning Activities

Whole Class

Students will discuss different intensities associated with similar feelings and then consider coping strategies to deal with intense emotions, e.g. ways to calm the body; optimistic thinking; and problem-solving.

1. Split class into four equal groups. Display the following lists of emotions on the board or electronic display. Use the first set of emotions to demonstrate the task.

(1) furious, enraged, cross, irritated, angry, annoyed

(2) unhappy, despairing, grief-stricken, sad, blue, a bit down

(3) puzzled, confused, shocked, stunned, surprised

(4) satisfied, happy, pleased, delighted, overjoyed, ecstatic

(5) worried, nervous, stressed, overwhelmed, anxious

2. Ask for 6 volunteers to demonstrate each of the emotions in the first list (furious, enraged, etc.). Introduce the word and concept of 'intensity'. Ask student volunteers to act out various levels of intensity for their allocated emotion, then ask the class to order the 'emotional acts' from low to high intensity.
3. Allocate lists 2-5 to the four groups, check students' understanding of each of the listed emotions. In their groups, have students sort their group list of emotions from low intensity to high intensity. Ask:
  - Which of the emotions were difficult to sort? Why?
  - Which of these emotions are pleasant and which ones are unpleasant?
  - Why do we have feelings? (pleasant feelings tell us when something feels good and unpleasant feelings tell us we need to protect ourselves or solve a problem)
  - What are some possible bad effects of intense or strong feelings? (feeling overwhelmed, may harm self or others, may do things we regret, may make bad decisions)
  - Can we change how we are feeling? How? (yes, but sometimes it takes a while. We need to use positive self-talk or optimistic thinking to try to change the way we are thinking, which will change the way we feel about a situation)
  - Why is it useful to feel anger? (we may need to stand up for our rights or protect ourselves in some way)
  - When is it not useful to feel anger? (when it controls us so that we can't use optimistic thinking and we act in a way that we may regret)
  - What other feelings can we sometimes be hiding when we feel angry? (jealousy, sadness, guilt, fear)
  - Why is it useful to feel sad? (it is a useful way to grieve, it helps us move on, it lets us know what we value)
  - Is it useful to feel a little bit of worry or nervousness before we take on a challenge like talking in front of the school? (yes, a little bit keeps us motivated and makes us try hard. Too much makes it impossible to think properly and not worrying at all may make us feel overconfident)
  - Why is it important to correctly name and recognise our feelings? (this helps us to use the right optimistic thinking and problem solve in the correct way. For example, we may think we are furious when we are really just annoyed. The way we respond to each of these emotions may be different)
  - Is there one best way to manage intense emotions? (no, it depends on the circumstances but usually it helps if you can find a way to calm down what's happening in your body; use optimistic thinking; and then find a way to solve the problem in a calm way)
4. Have students complete Student Activity Sheet: Things that make me go Grrrr... after reading through the anger example with the class.
  - Students then choose one feeling and tick the methods of managing emotions that they already use, and underline the methods that they could try in the future. Share these with a partner.

#### Independent or Small Group

Students explore the intense emotion of anger, and role-play ways to calm the body; use optimistic thinking; and find a way to solve a problem in a positive way when intense emotions are at play.

1. Conduct a [circle talk](#) on the following and share findings as a class:
  - Share a time when you felt angry (remember to not mention names).
  - What do you think is the best thing people can say to themselves to calm down when they are angry?
  - What is one kind of exercise that you think would calm you down if you were feeling angry?
  - Can a person or a situation make you angry or are you responsible for your own anger?
  - Is it true that the best way to deal with anger is to just let your feelings out?

- What are some bad results that might happen if you let anger get on top of you?
  - What are some helpful ways of handling angry feelings in a way that others don't get hurt but the problem gets sorted out?
  - Is sulking (refusing to talk to someone because you feel angry) a helpful way to deal with feeling angry? Why/why not?
  - What might happen if you sulk instead of speak up in a calm and honest way?
2. Stress that anger is a helpful feeling because it warns us to stand up for our rights or protect ourselves, but it can be an unpleasant feeling if it controls us or stops us from using optimistic thinking and act in destructive ways. These destructive ways can lead us to look 'uncool'; having our reputation damaged; feeling guilty; losing self-respect; getting into trouble with authorities; breaking up friendships.
  3. Conduct a [shared reading](#) of [How to take the Grrr out of Anger](#) and discuss ways to manage anger and what to do when adults become angry.
  4. In small groups, have students decide on the most effective calming, optimistic thinking and problem-solving strategies for anger from the Student Activity Sheet: Things that make me go Grrrr....
  5. Students think of a group scenario that involves someone putting demands on them that make them feel angry.
    - Have students conduct a role-play where the characters use 'asides' to the audience to describe how they are calming themselves and what optimistic thinking they are using so that they can create a change and solve the problem.
    - Ask:
      - Do you think the way character X used to calm down the body in this situation was appropriate? If not, what else could he/she have done?
      - Do you think the optimistic thinking that character X used in this situation would have helped them manage their anger in real life?
      - Do you think the way that character X solved the problem would be a realistic way in real life?
      - If not, what do you think might have happened in real life?
      - How do you think character Y might have felt about the way he/she solved the problem?

### 3-2-1 Reflection

Give each student a copy of Student Activity Sheet: [I know how to manage intense emotions](#).

- Explain that they are to apply all they have learnt about managing intense emotions to their own personal examples. These situations may already have occurred or they may be ones that students think may create intense feelings in the future.
- Students complete the activity sheet individually.

## Building respectful relationships

### Learning objective

Students identify the social skills needed to develop respectful and positive relationships. They practise cooperating and collaborating with peers using specific social skills relating to respect, empathy and valuing differences.

### Take Home Messages

- Positive social skills lead to respectful, positive relationships.

- Positive social skills include being a good listener; sharing information about yourself; being a good winner and loser; being interesting; cooperating and being flexible; being understanding and supportive.
- Positive social skills can be categorised into those that show respect, empathy and value differences.
- Getting along with others gives us a feeling of belonging and satisfaction.

## Materials

- Teaching Resource: [Getting along with others](#) [for interactive whiteboard]
- Student Activity Sheet: [What turns you off?](#) [one set per group]
- Student Activity Sheet: [My 'getting on with others' quiz](#) [one per student]

## Before You Get Started

### Learning Activities

Group agreement 5 min

Teaching tip: A group agreement must be established before any Relationships and Sexuality Education (RSE) program begins to ensure a safe learning environment. Read [Essential Tool: Establishing a group agreement](#) for tips on how to create one and what to include.

1. Revise or create the class [group agreement](#).

Whole Class

Students examine social skills and categorise them into skills that show respect, empathy or value differences.

1. Ask:
  - How do we feel when our friendships have problems? (sad, nervous, rejected)
  - What kinds of problems can friendships have? (misunderstandings, arguments, jealousies, growing apart – stress that all friendships have problems sometimes but these problems can usually be sorted out. Some friendships are only temporary however this doesn't mean that one of you has done something wrong or that you are not likeable)
  - [Brainstorm](#): What are some of the skills we use to get along with our friends and others? (social skills that lead to good relationships such as being positive; being a good listener; finding things in common; being a good winner and loser; being interesting; cooperating and being flexible. Other social skills are being understanding and supportive; sharing information about yourself; showing empathy and being loyal)
  - Are you born with these skills? (No, you have to learn and practise them. If you get on well with others, you have a sense of belonging and satisfaction. Practising these skills while you are young, will help you get along with people better when you are an adult)
  - Do we use fewer 'getting along with people' skills with our brother/sister or mum/dad? Why?
  - What is respect?
  - What is empathy?
  - How can someone show that they value differences in others?
2. Show Teaching Resource: Getting along with others and read through with class. As a class, categorise each of these skills into one or more of the categories of Respect, Empathy and

Valuing Differences by labelling them with the letter R, E or VD respectively on the whiteboard.

3. In small groups, students consider Student Activity Sheet: What turns you off? which looks at 'turn offs' that make it harder to respond to someone in a positive way, even though he/she is probably a nice person. They must decide, as a group, on four more 'turn offs' to add to this list and then rank the top five 'turn offs' and discuss as a class. Write common rankings on the whiteboard.
  - As a class, categorise the common rankings as a lack of skills into one or more of these categories: Lack of Respect, Lack of Empathy or Not Valuing Differences by labelling them with the letters LR, LE or NVD respectively on the whiteboard.

### Independent or Small Group

Students examine their own social skills and identify the social skills that they could practise. In groups, they develop games/activities that give students the opportunity to practise one of the positive social skills.

1. Students complete Student Activity Sheet: My 'getting on with others' quiz. They write how they could improve any of the skills that need practise (or that they only use sometimes).
  - Students share this with a partner and the partner acts as a 'coach' and suggests other ways they could practise this skill.
2. In small groups, students choose one of the following 'getting along with people' skills and design a game or activity that the class could play to practise this skill over the next few weeks:
  - Starting a conversation
  - Staying cool and respectful in an argument
  - Being positive
  - Telling a story in an interesting way
  - Giving an honest but respectful opinion
  - Cooperating well
  - Being an empathetic listener
  - Being an empathetic loser

## 3-2-1 Reflection

Students reflect on how they will practise the social skill they identified and how they will know when they have improved or need further help.

Students complete the following unfinished sentences:

- The 'getting along with others' skill I would like to practise is.....
- Three ways I could practise this skill would be:...
- I could ask.....to help me practise this skill.
- I will know if I have got better at this skill by.....
- I will know I still need a bit more effort on this skill by....

## Self-protecting against bullying

### Learning objective

Students develop a repertoire of strategies to use to protect themselves from bullying. They also examine ways to help someone else that may be being bullied.

## Take Home Messages

- There are strategies we can use to protect self and others from being bullied.
- To create a caring and safe school, we must let an adult or teacher know if we are being bullied or see someone being bullied.
- Asking for help is not the same as 'dobbing' or 'telling'.

## Materials

- Student Activity Sheet: [Ways to protect myself from bullying](#) [one per student]

## Before You Get Started

- Revise Year 3 Learning Activity: [How to help someone being bullied](#).
- The website [Bullying! No Way](#) has a number of resources to download, print and display around the school to support this learning activity.

## Learning Activities

Group agreement 5 min

Teaching tip: A group agreement must be established before any Relationships and Sexuality Education (RSE) program begins to ensure a safe learning environment. Read [Essential Tool: Establishing a group agreement](#) for tips on how to create one and what to include.

1. Revise or create the class [group agreement](#).

Whole Class

Students consider aspects of self-respect and identify ways to protect themselves from being bullied.

1. Explain that self-respect is when you value and accept yourself and believe that you should be treated well by others. If you have self-respect you are also careful to keep yourself safe.
2. Conduct a [circle talk](#) strategy to ask the following questions. Ask the questions repeatedly so that students are exposed to a range of opinions:
  - How does someone who has self-respect behave?
  - How does someone with self-respect keep themselves safe if they receive a nasty text message or Facebook message?
  - How does someone with self-respect keep themselves safe if one person keeps telling them they can't join in their games?
  - Can you remind your partner what bullying is? (it's repeated unkindness to a person, not a single act of unkindness or just one argument)
  - Give each other some examples of bullying. (e.g. name calling; always leaving someone out of a game; using the phone or computer in a nasty way; embarrassing someone; physically hurting someone; hiding or breaking someone's possessions)
  - How do you think someone who is being bullied might feel? (highlight feelings such as anger, fear, helplessness, worry, nervousness, sadness)
  - Is it a person's fault if they are bullied? (no, it is always the fault of the person who bullies)
  - Why do some people get picked on more than others? (they may appear nervous so other children think they are easy to boss around; they may appear different, but this is not an excuse to bully someone; they may not stand up for themselves when they have

been teased in the past)

- What does someone look and sound like when they are being confident? (they stand tall, they look people in the eye, they talk with a loud voice in a friendly way, they don't use a baby or silly voice, they don't ignore it if someone is mean to them)
- Why do you think acting confidently can protect you from being bullied? (you look like you have self-respect and might stand up for yourself if you are bullied so someone is less likely to be mean to you)
- Why is asking a teacher for help what someone with self-respect would do if they couldn't stop someone from bullying them? (asking for support means you value and care for yourself and want to keep safe. Asking for help is not dobbing or getting someone into trouble)

3. Conduct a [brainstorm](#) on What can you do to protect yourself from being bullied?

- Ensure students consider strategies such as thinking for yourself; being positive and happy; being a good loser; not showing you are angry or nervous; staying calm; avoiding areas where you know teachers may not be on duty; telling someone being mean to you to stop it in a confident voice; asking an adult for help if this doesn't work.

### Independent or Small Group

Students consider actions to take if they see someone else being bullied and identify strategies to protect self and others from bullying.

1. Discuss with students what they could do if they saw someone being bullied.
  - Show this person you know it's unfair.
  - Show the person who is bullying that you know it's unfair.
  - Tell the person who is bullying to stop.
  - Move away together or do something else with that person.
  - Ask a teacher for help if the bullying continues.
2. Give each student the Student Activity Sheet: [Ways to protect myself from bullying](#) and have them complete it in pairs. Hear feedback and stress that the protection strategies they have identified might be different for different situations.

### 3-2-1 Reflection

Students develop a poster or a class set of big picture books for younger students to inform them of ways to protect themselves from bullying. Encourage them to use the information from the brainstorm and the student activity sheet as quotes for their poster.

## Responding to challenging situations

### Learning objective

Students identify and apply resilience skills required to respond positively to challenges and failure such as ways to calm the body; using self-talk, optimistic thinking and help-seeking behaviours.

### Take Home Messages

- Everyone experiences problems and setbacks. They are a normal part of life and should not be personalised.
- Optimistic thinking can enhance wellbeing and help people bounce back from challenges and

failures.

- An optimist thinks bad times won't last. They think bad things can happen to everyone, not just them; and usually look at the good things in their life even during bad times.
- Intense feelings are useful because they let us know if we are experiencing something positive or something that we need to protect ourselves from.
- If intense emotions control us, we can act without thinking and cause harm to self and others.
- With intense emotions, it helps to find a way to calm down what's happening in the body e.g. use optimistic thinking and self-talk; and then find a way to solve the problem in a calm way.
- If we feel scared or angry it is often because we feel unsafe. We shouldn't ignore these feelings. We should tell someone we trust if we are feeling unsafe.

## Materials

- 7 small boxes suitable for the letterbox survey slips. Number each box from 1-7.
- Student Activity Sheet: [Has this ever happened to you?](#) [one per student]
- Teaching Resource: [Positive ways to deal with challenges and set-backs](#) [place on interactive whiteboard or photocopy one per student]
- Student Activity Sheet: [I know how to respond positively](#) [one per student]
- Student Activity Sheet: [Reflecting on my resilience skills](#) [one per student]

## Before You Get Started

- Students are likely to have many questions that they may feel uncomfortable to ask in front of others. Providing a question box for students to place their questions in anonymously will ensure their questions are answered in a safe environment. Refer to the Guide: [Question box](#) for further information.

## Learning Activities

Group agreement 5 min

Teaching tip: A group agreement must be established before any Relationships and Sexuality Education (RSE) program begins to ensure a safe learning environment. Read [Essential Tool: Establishing a group agreement](#) for tips on how to create one and what to include.

1. Revise or create the class [group agreement](#).

Whole Class

This activity is based on the understanding that we all have challenges and setbacks and that they are a normal part of life and should not be personalised. Students explore useful reasons behind our intense emotions.

1. Write a class definition of each of the following words: Resilience, Pessimistic, Optimistic.
  - Create a [Y-chart](#) for each of the words, identifying what each characteristic looks like, sounds like and feels like.
2. Create two A3 paper signs. Label the first sign: Pessimistic thinking is negative and unhelpful. Label the second sign: Optimistic thinking is positive and helpful.
  - Have students add examples of each to the appropriate signs. Display these around the classroom.
  - When students display pessimistic thinking ask them to think again and refer to the Optimistic thinking sign to change their thinking to be more positive.



3. Have students form 7 small groups and conduct a [letterbox survey](#) using the questions on the Student Activity Sheet: Has this ever happened to you?. Students tear off their responses and post in the corresponding numbered boxes and tally the yes/no responses from the box allocated to them. Hear findings from each question.

Ask:

- What do these results tell us? (everyone has bad times that don't last forever; everyone has bad things happen to them that they can't change; everyone makes mistakes; everyone feels rejected, lonely, sad at some stage in their life)
- How does it help to know that everyone has setbacks, unpleasant feelings and bad times? (we understand that they are a normal part of life)
- Why do we sometimes think that setbacks, unpleasant feelings and bad times only happen to us? (when these things happen it's hard to think about other people; other people often don't share these things with us)
- Why don't bad times usually last? (time makes things seem better; other people help; we work out ways to solve our problems; situations change)
- How are mistakes useful and necessary? (we can learn from them; no-one is perfect; trying to be perfect is stressful)
- What happens if we take things personally and think that challenges we have are because we are jinxed? (we feel helpless and less likely to bounce back from these unpleasant feelings by problem-solving and looking for ways to cope)
- What are some things you could put into the category of 'just can't change so have to accept' when we are thinking about what caused setbacks or challenges? (the weather; genetics; illness or death; moving school; some family issues; being in the wrong place at the wrong time)
- How do we often feel in these challenging situations? (angry; sad; worried; frightened)
- Why is it useful to feel anger? (we may need to stand up for our rights or protect ourselves in some way)
- When is it not useful to feel anger? (when it controls us so that we can't use helpful thinking and we act in a way that we may regret)
- Why is it useful to feel sad? (it is a useful way to grieve; it helps us move on; it lets us know what we value)
- Is it useful to feel a little bit of worry or nervousness before we take on a challenge like talking in front of the school at an assembly? (yes, a little bit keeps us motivated and makes us try hard, but too much worry makes it impossible to think properly and no worry at all may make us feel overconfident)
- Is there one best way to manage intense emotions? (no, it depends on the circumstances but usually it helps if you can find a way to calm down what's happening in your body; use self-talk and optimistic thinking; and then find a way to solve the problem in a calm way)
- Why is it important to correctly name and recognise our feelings? (this helps us use the right calming strategies, self-talk and optimistic thinking and problem-solve in the correct way. For example, we may think we are furious when we are really just annoyed. The way respond to each of these emotions would be different.)

Independent or Small Group

Students learn the difference between optimistic and pessimistic thinking; and how self-talk can help in challenging situations. They then apply these skills to a range of scenarios.

1. Explain that when we experience challenges and failures like the ones we talked about in the last activity there are 3 things we can do to bounce back from these setbacks.

2. Whiteboard:
  1. Calm down the body
  2. Think optimistically
  3. Use self-talk
3. Place Teaching Resource: Positive ways to deal with challenges and setbacks on the interactive whiteboard. Introduce the skill of calming down the body and brainstorm strategies students use to distract them when they are angry, sad, disappointed, etc. For instance; exercise, listen to music, play with a pet, deep breathe.
4. Introduce the skill of thinking optimistically and explain that it is thinking (when things are bad) that:
  1. 'Things will get better soon – this won't last forever.'
  2. 'I don't like what's happening, but it happens to everyone, not just me.'
  3. 'It's just this bit that isn't alright; everything else in my life is OK.'

Read and explain the other examples on the teaching resource.

5. Explain that it is more useful than thinking pessimistically, which is thinking that:
  1. 'Things won't get better soon – this will keep happening to me.'
  2. 'I don't like what's happening. It's because I'm dumb or unlucky.'
  3. 'Everything in my life seems bad because of this.'
6. Explain that optimistic thinking needs to be practised and that even the most optimistic person sometimes takes a while to start thinking this way when they experience bad times. Emphasise that optimists feel happy and confident; have good health and live longer and are more successful at school, work and in their relationships. Ask:

Can you think of an optimistic person you know? What do they do or say that is optimistic? Invite 2 or 3 students to share.

7. Introduce the skill of positive self-talk and explain that it is a positive inner voice that makes you feel good about yourself and the things that are going on in your life. It is like having an optimistic voice in your head that always looks on the bright side. Positive self-talk can boost your confidence when things go wrong; can help keep intense feeling under control and help you make friends.

Example: "These clothes look pretty awesome on me and I feel great when I wear them", "I can totally make it through this exam", "I don't feel great right now, but things could be worse!"

Read and explain the other examples on the teaching resource.

Negative self-talk is a negative inner voice that makes you feel bad about yourself and things that are going on. It can put a downer on anything, whether it is good or bad.

8. Have students form small groups and give them a copy each of the Student Activity Sheet: I know how to respond positively.
  - Students choose 3-4 situations to discuss as a group and decide on useful calming strategies; optimistic thinking; and positive self-talk to use in each situation.
  - They record their findings on the worksheet. Show the example provided on the worksheet to ensure students understand the task.
  - Hear findings and encourage students to explain their choices.

### 3-2-1 Reflection

1. Give students the Student Activity Sheet: Reflecting on my resilience skills and, using a [think-](#)

[pair-share](#) strategy, have them complete and share with a partner.

- This resource can be used to create a class poster/chart. Students can then refer to it in the future when they need to be reminded of these strategies.

2. Students should take this activity home to share with their family.

## Online vs face-to-face communication

### Learning objective

Students explore different kinds of online communication and face-to-face communication and discuss the pros and cons of each.

### Take Home Messages

- Both face-to-face/in-person and online communication have positives and challenges.
- There are times when one form of communication may be more appropriate than others.
- There are people and places we can go to if we need help and information about safe communication online.

### Materials

- Teaching Resource: [Online vs face-to-face communication PowerPoint](#)
- Butcher's paper and markers

### Before You Get Started

- It is important to remember that students or people close to them may have had personal traumatic experiences relating to image sharing, online bullying, harassment and abuse.
- Read Background teacher notes:
  - [Cyberbullying](#)
- Read Essential information:
  - [Protective interrupting](#) - All staff in the room need to know and understand how to use this technique to prevent students from potentially disclosing sensitive information or abuse in front of other students.
  - [Dealing with disclosures](#) - All staff in the room must be aware of the school and legal procedures if a student discloses personal issues, particularly disclosures of sexual abuse.

### Learning Activities

Communication image sorting

1. Show slide 2 of Teaching Resource: [Online vs face-to-face communication PowerPoint](#).
2. Ask:

? What do all of these images have in common?

(all communicating in some way - speaking, talking, listening etc)

3. Show slide 3 of Teaching Resource: [Online vs face-to-face communication PowerPoint](#).
4. [Teaching strategy: Guess my category](#). Start to move the images into two groups and ask the students to raise their hand when they think they know the categories.

(using technology and not using technology; or online and face-to-face/in-person)

5. Ask:

?What are some different forms of communicate online or with technology that are not in these images?

(text, SnapChat, social media, voice recording, emojis, FaceTime, video messages, like/comment on social media posts, DM - direct message, email, etc)

Positives and challenges

6. [Grouping strategy: Fruits](#) Divide the class into small groups by giving them a communication form (Snap Chat, phone, FaceTime, text, email, social media etc).
7. Show slide 4 of Teaching Resource: [Online vs face-to-face communication PowerPoint](#).
8. Give each group a piece of butcher's paper and some markers or on devices. Ask them to divide the page into the following sections. You may wish to clarify that face-to-face means people in the same room as opposed to video chat.

	Positives	Challenges
Text only	Possible answers: quick, easy, talk to people all over the world, talk to multiple people at once in a group chat, records information so people can look at it again without having to ask (e.g. party details), etc	Possible answers: no non-verbal cues, no body language, not as warm or personal, can be permanently recorded, easier for people to be mean or bully, can misunderstand text, typos, message wrong person, etc
Photos	Possible answers: quick, easy, fun, creates memories, share to people all over the world, share to multiple people at once in a group chat, can help add meaning to text to make it easier to understand (e.g pic of a place you would like to go on school holidays), etc	Possible answers: share to wrong person, someone you don't want to see a pic might see it, people share an embarrassing pic online, can permanently record a pic, can be shared without consent, etc
Videos	Possible answers: quick, easy, share to people all over the world, share to multiple people at once in a group chat, can be watched when you feel like it and watched multiple times, etc	Possible answers: share to wrong person, someone you don't want to see a video might see it, people share an embarrassing video online without consent, can permanently record a video, might show things in background of video that is embarrassing (e.g. your dirty clothes on the floor) or unsafe (e.g. your school uniform/name), etc
face-to-face	Possible answers: can give smiles, hugs, nods, non-verbal cues, body language, warm, personal, etc)	Possible answers: might not be able to see a person who lives far away or if they are unwell, have to plan time and place to meet, no transport to get to them, etc

7. Have students develop their ideas under these four headings and then discuss responses and clarify any misconceptions.

#### Body language

8. Explain:

"Body language, facial expressions and tone play an important part of communication. We don't get these through text communication.

This can mean that our messages can be misunderstood and can cause problems."

9. Show slide 5 of Teaching Resource: [Online vs face-to-face communication PowerPoint](#) - examples of text messages.

10. Allocate one text message to each group and ask them to come up with at least 3 different ways to 'read' the message using different body language, facial expressions and/or tone. (e.g. sarcastic, sincere, annoyed, happy, etc).

11. Discuss:

?How can we tell if someone is being sincere or sarcastic in text?

?How can we tell their tone?

?If we chatting to someone in a game online that we don't know in real life, how can we tell if they are the same age as us?

?Do things like emojis help?

#### Upsetting communication online

12. Explain:

"Sometimes we can misunderstand what someone has tried to say, particularly when it is online. Sometimes people can be mean or hurtful on purpose. It can be easier for someone to be mean or hurtful online."

13. Ask:

?Why do you think it is easier for someone to say mean things online?

(they don't have to see the person, they might be in a bad mood and say something when they are mad - it's easy to quickly send a message, they can 'hide behind the keyboard', they can pretend to be someone else online, etc).

?Why is it easy for someone to pretend to be someone else online?

(they can use a fake profile, they can use a different pic, they might not have a pic or video, etc)

14. Explain:

"It is not ok:

- for someone to bully you online (just like bullying in-person is not ok)
- for someone to pretend to be someone else online for hurtful reasons

- for someone to share photos/videos/information about you online without your consent.

There are people and places you can go for help if this happens."

15. Ask:

? What could you do if you noticed someone bullying a classmate in a group chat?

(tell a parent or trusted adult, tell that person it is not ok, block the person from the group chat, as the classmate if they are ok, etc)

?What could you do if a someone shared a picture of you without consent?

(ask them to take it down/delete it/unsend it, report it on the app it is shared on, report it to eSafety Commissioner, tell a trusted adult, etc)

?What could you do if you thought someone was pretending to be someone else online?

(don't share any personal information, don't accept free gifts/favours/game credits, stop chatting to them, tell a trusted adult, etc)

### 3-2-1 Reflection

Reflection - which mode is best?

16. Show slide 6 of Teaching Resource: [Online vs face-to-face communication PowerPoint - scenarios](#).

17. Work through each of the scenarios and ask the students:

?What form of communication is best? Why?

18. Ask:

List 5 people or places (one for each finger on your hand) you could go to for help if any of these things happened to you or a friend.

Teaching tip: It is important not to list the people for the students as each person's 'safe people' may be different. This may be an activity the students have done in protective behaviours lessons in lower years.

It is ok to offer reliable and safe places for students to add to their list of 5.

For example,

[eSafety Commissioner](#) (can [report image-based abuse, harassment](#), etc),

[Kids Helpline](#) (24 hour free helpline)

school leaders and health team (e.g. deputy principal, counsellor, psychologist).

## Strategies to manage change

## Learning objective

Students explore the physical, social and emotional changes that occur throughout a person's life.

### Take Home Messages

- People grow, change and develop.
- Bodies grow, change and develop at their own rate and at different times to others.
- There are some aspects of physical, social and emotional changes that occur throughout a person's life that they have or do not have control over.
- Some aspects of our identity change during our lifetime, some stay the same. Some changes we have control over and some we do not.

### Materials

- A series of photographs of a person as a baby, toddler, young child and older child/teenager
- A3 paper [one per student]

### Before You Get Started

- This activity is an introduction to puberty. It is appropriate for students to know and be able to name external parts of the body including the names for external sexual parts, e.g. penis, vulva, breast, testicles and buttocks (or bottom). Ensure students learn and use the correct names of the body parts.
- Age-appropriate education involves teaching students the correct names for, and functions of, their body parts and teaches them to care for, respect, and protect their bodies. Knowing these names enables children to communicate clearly if they need to get help, and in particular in cases of abuse or injury.
- The classroom teacher should send a letter home to parents/caregivers providing an overview of the learning sequence their child will be participating in. It is recommended to include a copy of, or a downloadable PDF link to, the free parent resource developed by the Western Australian Department of Health: [Talk soon. Talk often. A Guide For Parents Talking to their Kids About Sex.](#)

## Learning Activities

### Whole Class

Students are provided with an opportunity to discover the physical, emotional and social changes that happen to a person over time.

1. Present the students with an image of a baby. Invite them to guess the child's age, size and gender.
  - Present an image of the same child at a more advanced age and ask the students to describe how the child has changed from one picture to the next.
  - Continue to present the images of the child as they advance in age and discuss the obvious physical changes.
  - Have students make predictions of how the child will continue to change into the future.
2. Show the following examples of how people change over time:
  - YouTube clip: 21 Years (<http://youtu.be/d-4i2ZlqLsl>)
  - Perth | Now & Then (<http://thewest.com.au/nowandthen/>)
3. Use the [brainstorm](#) teaching strategy to list the physical changes that occur for a person over a lifetime.

4. Discuss the things that are needed for these physical changes to develop in a healthy way (e.g. care from family, love, personal hygiene, healthy food, sufficient exercise, healthy environments).
5. Discuss the places where young people learn about physical changes that their bodies will undertake as they get older. For example, from parents, brothers and sisters, other family members, TV, books, internet, religious institutions. Ask which ones might be good sources of correct information? Why?
6. Repeat the activity for emotional and social changes and discuss similar prerequisites for healthy development of emotional and social change. Talk about how, when we are very young, adults care for us and make all the decisions. But as we grow older, we can decide things too.
7. Ask:
  - Do we have control over our physical changes? If so, which ones? Which physical changes don't we have control over?
  - Do we have control over our emotional changes?
  - What can help us control our emotional changes in a positive way? (e.g. thinking positive thoughts about self and others, positive self-talk, having someone to talk to about uncomfortable feelings, having and being a good friend.)
  - Do we have control over our social changes? (e.g. changes in friendships/ birth of new siblings/ separation of parents). If so, which ones? Which social changes do we often have little control over?

### Independent or Small Group

Students consider physical, emotional and social changes that have occurred in their lives over the last 5 years and into the future. Students also compare and contrast their personal changes with the changes of other students in the class to assist in the understanding that everybody changes at different rates and times.

1. Have the students consider physical, emotional and social changes that have occurred in their lives over the last 5 years. Invite students to share their observations.
  - Students may be able to make observations about others if they have been friends or classmates during earlier years of schooling (use [protective interrupting](#) when required).
2. Give the opportunity for students to consider physical, emotional and social changes that might occur in the next five years and encourage them to share their suggestions.
  - Discuss how some changes are inevitable and will happen to everybody at different rates and times.
  - Introduce the idea that each student will experience changes associated with puberty as they progress through adolescence and develop towards adulthood but that they will do so at their own rate. Stress that there is little that can be done to slow or speed up puberty.
3. On an A3 sheet of paper, have students draw pictures of themselves at four years old, nine years old and 14 years old.
  - Have students make notes or lists of how they have changed physically, emotionally and socially changes from age four to nine and then anticipate the same types of changes from age nine to 14 years.
  - Have the students identify aspects they believe will remain constant throughout these years and their lives. (The five-year intervals could be increased or reduced at the teacher's discretion or specific ages could be identified.)

### 3-2-1 Reflection

1. Invite different students to share their predictions for the different ages.
2. Ask:



- Which changes do you have most control over – physical, emotional or social?
- Which changes are beyond your control?
- How does this make you feel?
- Which changes do you consider to be good ones?
- Which changes do you consider to be difficult ones?
- Which aspects of yourself might require a deliberate effort to change?
- Are there any differences in changes for boys and girls?
- What is easy or challenging about changes for girls/boys?
- Are there any changes listed that probably won't happen?
- Have you noticed that many people share the same feelings about different aspects of growing up?
- Why might we use the words difficult or challenging instead of bad to describe some changes? (Some changes are difficult, or challenging, but they can turn out to be positive)

## Messages about body image

### Learning objective

Students explore different messages they get from a range of sources about ideal bodies, and the impact these messages have on their own body image.

### Take Home Messages

- We are all different physically (just as we are different in many other ways)
- We each naturally have a certain body type, and that is OK
- Body type (build) is largely hereditary
- Staying healthy is the priority. Physical fitness and healthy eating are factors that are within our control
- Change is unavoidable and is OK
- We need to affirm others for who they are and not how they look. This is the first step in respect. Showing respect for others will help earn their respect for you.

### Materials

- Student Activity Sheet: [Media and body image](#) [one per group]

### Before You Get Started

- Read the background notes on [Body image](#).
- Be mindful of the feelings of any students in your class who may be under or overweight and the impact that discussions about body image may have on them.
- Try to ensure that posters in your classroom display models with a range of body types.
- Collect a range of suitable food advertisements/music videos showing stereotypical ideal male and female body types for the small group activity.

### Learning Activities

Sharing circle: body image messages 25 minutes

Students explore the definition of body image and factors that affect it and recognise that we are all

different physically. The aspects of development that they have little control over are discussed.

1. Explain that body image refers to how you see yourself, how you feel about the way you look and what you think other people might think about how you look. Explore this idea until you are sure students understand it.
2. Conduct a sharing circle using a small, soft ball and the following questions:
  - Name one way your family can affect your body image in a positive/negative way.
  - Name a way your friends can affect your body image in a positive/negative way.
  - Say one positive thing about the person to your left.
  - Name one thing about your body that you feel good about and why.
  - Name one singer or actor who has made you compare your body to his/hers.
  - Name how you might feel if you came to school on free dress day in your school uniform?
  - Name how you might feel if everyone in your group was wearing a certain type of wristband and you didn't have one.
  - Name a crazy diet that you have heard of.
  - What is your favourite healthy food?
  - What is your favourite way to exercise?
3. Have students record their own definition of body image and draw a [mind map](#) of where they might get their messages about their own body image.

Ask:

- In what ways are we different to each other? (e.g. height weight, complexion, eye colour, likes/dislikes, abilities)
  - What are some things we can change through effort, by studying or practising? (e.g. sporting skills, musical skills)
  - What are some things we can't change about ourselves? (e.g. height, eye colour)
  - What are some things about ourselves that will change over time whether we like it or not? (e.g. height and weight will change as we grow, interests change as we mature)
4. Have each student write down three things he/she is good at and share them with a partner. Stress that a person's strengths and weaknesses define them as an individual and that one thing that makes the world interesting is that we all have these unique qualities. Explain that, as with other traits, each of us grows, develops and matures at a different rate. Rapid changes in height, weight and weight distribution;

In girls:

- Begins earlier than in boys.
- Usually begins between 10.5 and 11.5 years (but may be as early as 8 or 9 and as late as 12 or older).
- Full physical development is usually reached by 15.5 years.

In boys:

- Usually begins between 11 and 13.5 years.
- Full physical development is usually reached by age 16 or 17.
- Often accompanied by an increase in muscles and strength.
- Often accompanied by an increase in appetite.

5. Ask:

- Do you feel like you have ever been picked on or teased about qualities (either physical or otherwise) that are unique to you? How did you feel?
- How could others change their approach to you to make the situation better?

- What did you do to cope with your feelings about the situation?
  - Have you ever picked on others over some trait that is unique to them?
  - If so, how did the person you picked on respond?
  - If you had the situation to do over again, what would you do differently?
6. Stress that we are all different in many ways, including physically. Some of these differences are within our power to influence while others are out of our control. Stress that physical fitness and healthy eating are factors that are within our control that can help change our body shape. Each of us should focus on being the best we can be and show respect toward others.

## Learning Activities

Busting body myths 25 minutes

Students examine the ideal body type presented in the mass media and use their health literacy skills to deflate these myths.

1. Divide students into small groups and give each group two ads from a recent issue of a popular magazine or access to two YouTube music videos that portray unrealistic body images of males and females.
  - Give each group one copy of the Student Activity Sheet: Media and body image. Ask each group to discuss and answer the questions about their advertisement or music video. Model the activity first using an ad to demonstrate the health literacy skills required.
  - Ask one representative from each group to briefly present their conclusions about one or both of the ads/music videos critiqued by their group. Make tallies of the responses to each question.

Likely responses are:

Questions 1 and 2: Most models appear either normal weight or thin (rarely overweight or other than tall and lean for women or tall and muscular for men).

Question 3: Often the product and the body type of models are in conflict (i.e., slim people are eating unhealthy food)

Question 4: Advertisers/music video producers want people to think models look good naturally, however, most models rely on heavy makeup and/or computer-enhanced photography to look the way they do.

Question 5: Most often models appear to be having fun while using the product/promoting the song.

2. Ask:

- What messages do magazines, TV, internet advertisements, music videos, etc. send to young people about women's and men's bodies? (Possible responses may include; it's not okay to be overweight (or even to have a large body frame); it is not okay to be shorter or have a stocky build; slim people are the norm; there is an ideal body type (tall and thin for women and lean, muscular, athletic for men); if you want to have fun, achieving the ideal body type should be a goal)
- If we believed these messages, how might we think about our bodies that would not be

healthy?

- It's important to like our bodies. What can we do or say to ourselves when we get negative messages from the media and others about our bodies? (e.g. turn off TV shows/ don't read mags that portray 'perfect' unattainable images; avoid people who tell us how we should look; wear clothes that we like, not what we think others will like; talk to our parents about what they looked like at your age)
  - What could the media do to make sure young people had a more realistic and healthy idea of women's and men's bodies?
3. On a blank sheet of paper, have students draw a mirror. They then imagine that they are their own best friend. Ask: What would your best friend say are the positive qualities of your body? List these inside the mirror.

### 3-2-1 Reflection

1. Have students complete the following questions individually. Give examples for each first.
  - What messages might you get from your friends that would make you feel okay/not feel okay about your body?
  - What messages might you get from your family that would make you feel okay/not feel okay about your body?
  - What messages might you get from your coaches that would make you feel okay/not feel okay about your body?
  - What can you remind yourself so that you only let the positive messages from other people influence how you think about your body?
2. On the other side of the mirror, have students write a message that will remind them to only let the positive messages from other people influence how they think about their body.

## Saying no

### Learning objective

Students practice asking for permission to touch or posting pictures of others online, saying no and discuss where to get support.

### Take Home Messages

- Only you can decide who can touch your body or what gets shared online, no one else.
- You should ask other people if it is okay to touch them or share pictures online.
- You can say no to other people, including adults, to touching your body or posting pictures of you online.
- I know what I can do to keep myself safe from unwanted touch or posting online.

### Before You Get Started

- Consider the timing of this lesson given the possible triggering content. It may be best delivered before a lunch break or at the end of the day so that students have time to process information before another lesson and have time to seek help if required. Be aware that discussing topics such as sexual consent and sexual assault can be upsetting for people as they reflect on their own experiences or that of people close to them.
- Liaise with the school health team (e.g. Community health nurse, school psychologist) to inform them of the content you will be covering in class.
- [Protective interrupting](#) - Teachers need to know and understand how to use this technique to

prevent students from potentially disclosing sensitive information or abuse in front of other students.

- [Managing disclosures](#) - Teachers must be aware of the school and legal procedures if a student discloses personal issues, particularly disclosures of sexual abuse.
- [Exploring my own values](#) - Consider your own thoughts, feelings, attitudes and values on this topic and be aware of how they may influence the way you present this activity. Be aware of your own self-care and support networks.
- Read [background educator notes](#):
  - [Consent](#)
  - [Respectful relationships](#)
  - [Protective behaviour education](#)
  - [Gender stereotypes, roles and expectations](#)

## Learning Activities

Group Agreement 5 minutes

Teaching tip: A group agreement must be established before any Relationships and Sexuality Education (RSE) program begins to ensure a safe learning environment. Read: [Establishing a group agreement](#) for tips on how to create one and what to include.

1. Create or revise the class group agreement

## Learning Activities

Consent for kids 10 minutes

2. Watch the video: [Consent for Kids](#) (2 min 42 sec) in its entirety.
3. Ask students:

Who can decide who is allowed to touch you?

(Myself.)

How can we check if someone is okay with touching or hugging them?

(Ask, look at their body.)

What can you say if you want to ask a friend to hold their hand?

(Can I please hold your hand? Is it okay if I hold your hand?)

We talked about touching in real life but what about online? Do you need permission to post photos of other people online?

(Yes - you always need to ask people if it is okay to post photos of them online.)

Teaching tip: You may want to consider writing up the answers on the board to further highlight the key messages.

## Learning Activities

CUPS - Rules of consent 5 minutes

Teaching tip: This activity is a brief revision of the concept of consent and the CUPS framework covered in lower primary GDHR lessons. More time and detailed explanation may be needed if this is new content. If you know students went through the CUPS acronym in previous lessons you may want to ask the students what they remember and adding the correct answers to the board before explaining the acronym in full.

4. Ask:

Think back to the video we just watched, what do you think the word consent means?

- (Agreeing to do something, giving permission, letting someone do something, saying 'yes', when everybody involved agrees to what is happening.)

5. Explain:

- There are some important rules about consent. The word 'CUPS' can help us remember these rules. Let's use hugging as an example to explain the rules about consent.
- Change mind - you are allowed to change your mind at any time. E.g. If you say, 'yes' to a hug and then you don't want to, that is OK. The person is no longer allowed to hug you. And, if you have said, 'yes' to a hug before, it does not mean it is OK for that person to hug you every time they see you. They have to ask each time.
- Understand - you have to understand what you are agreeing to. E.g. If a person asks you for a hug and then they try to give you a kiss, this is not OK and is not consent.
- Pressure is not OK - if someone is pressuring you, this is not OK and not consent. E.g. If you don't give me a hug, I won't be your friend any more.
- Sure - if you are not sure if you want to be touched, the person is not allowed to touch you. E.g. If someone asks you for a hug and you shrug your shoulders and say, 'maybe', this is not consent and the person is not allowed to give you a hug until they are sure you are OK with it. If you say 'yes' to a hug and you shrug your shoulders and say, 'maybe', this is not consent and the person is not allowed to give you a hug until they are sure you are OK with it.

## Learning Activities

Practicing saying no 20 minutes

6. Explain:

Everyone has a right to say no to touch or to someone posting a photo of them online. But for some people it can be pretty hard to say no to people, especially when it is someone older than you or a family member.

7. Ask:

What are some ways you can tell other people you do not want to be touched?

8. Write the responses on the board so all students can see.

9. Using a grouping strategy, place students into groups of 3,

10. Explain

We are going to practice saying no. In your groups, each take turns, with one person asking another person "Is it okay if I hug you?" and the other person is to say no, the third person will just watch. Once someone has answered, change roles so everyone has a go at asking and saying no two or three times. Each time you say no, try a different way of saying it. You can use the words on the board or use your own words.

### 3-2-1 Reflection

Practice saying no reflection 10 minutes

11. Ask students to discuss the following questions in their groups:

Was it easy saying no for the first time?

Was it easier coming up with your own words or using words from the board?

Do you feel more confident to say no?

Teaching tip: You may want to write these questions on the board while they are doing the activity, have them on a Powerpoint Slide or printed on a paper (one per group).

12. Once students have finished, explain:

It is important we all feel confident to stand up for ourselves and say no when we don't want someone to touch us or post photos of us on the internet.

Sometimes even though we say no to people, they do not listen to us and touch us or post a photo of us without our permission. That is not okay.

What can you do if someone does touch you or posts a photo without your permission?

- (Keep saying no, run away, push them away, speak to a teacher or trusted adult, ask them to take down the photo).

It is really important to tell an adult if someone touches you in a private area, like your genitals. Even if someone threatens you or is someone you know - telling a trusted adult can help protect you and look after you.

13. Revise the trusted adult 'helping hand' by asking students to think of 5 adults (one for each finger) that they can go to for help if they need it.

Teaching tip: It is important not to tell the students who their 5 adults are as they will be different for each student.

14. Display the Kids Helpline number (1800 55 1800) in your classroom and remind students that this can be one of the 5 trusted adults they can seek help from.

15. Reiterate the take home messages of the lesson:

Only you can decide who can touch your body or what gets shared online - no one else. You should ask other people if it is okay to touch them or share picture of them online. You can say no to other people, including adults, to touching your body or posting pictures of you online. Remember what you can do to keep yourself safe and who to go to for support.

## Health Promoting Schools

Take home activity:

- Ask students to talk to the adults on their 'helping hand' and tell them that they are one of their trusted adults they would talk to if they needed help.

## Consent: Understanding consent (non-intimate)

### Learning objective

This lessons aims to teach students that consent is already a part of their every day life, encourage them to seek consent and know where to go for help if needed.

### Take Home Messages

- Consent is about permission.
- We all give consent and no consent, to things every day.
- If asked to do something that makes you feel scared or hurt, speak to a trusted adult.
- Trusted adults are people whose words and actions make you feel safe.

### Materials

- Whiteboard to write scenarios on
- A4 paper - 1 per student
- Pens

### Before You Get Started

- [Protective interrupting](#) - Teachers need to know and understand how to use this technique to prevent students from potentially disclosing sensitive information or abuse in front of other students.

### Learning Activities

Consent Stories

1. Ask:

Do you know what consent means?

Consent means giving permission. Not giving consent means not giving permission.



2. Split class into four equal groups. Each group is given a scenario and needs to build on the story. Tell class that it doesn't have to be a story from their own life, it could be a story from a book, movie or song. Stories can be a few lines about who the person was and how each person felt.
  1. Took something without asking
  2. Didn't want to do something
  3. Asked their parents to go somewhere
  4. Asked to spend time together
  5. Took a toy
3. Ask: groups to share what stories they came up with. After each story is shared, ask the group:
  1. who gave consent or didn't give consent in that story?
  2. how did each person feel?
  3. what did asking for consent sound like/could have sounded like in that story?

## Learning Activities

### Consent at home

4. Discuss: As children, our parents, grandparents, guardians or caregivers need to ask us to do things to help out around the house or look after our bodies. Who can think of a job they've been asked to do that they really didn't want to do? Consent with these people can be different. We might not want to clean our room or feed the pets because we have other things we would rather do. What is different about consent when our parents or caregivers ask us to do, or not do something?

1. to keep bodies healthy - clean teeth, brush hair
2. help around the house - sweep floor, feed pets, tidy room
3. to help you learn - do homework, practice piano

5. Ask: It's important to know that no one should be asking you to do anything that would harm you or that really scares you. If you have been asked to do something that hurts or scares you, who could you talk to about that?

## Learning Activities

### Helping hand

6. Ask students to hold up one hand (5 fingers) and see if they can list a trusted adult for each finger.
7. Tell class that they may have done this activity before but it can be helpful to repeat. In pairs, give students a piece of A4 paper each and have them trace around their partner's hand on a piece of blank paper.
8. Ask students to write the name of a trusted adult on the end of each finger. They do not have to have 5, they can have more or less.
9. Remind students that trusted adults can include teachers, police officers, doctors, family friends, etc.

Teaching tip: It is very important not to list the trusted adults for students to write (e.g. Do not tell them to write mum on the first finger, dad on the second finger, etc). For some students these may not be trusted adults in their lives.

10. Students are encouraged to take home their helping hand and put it up on the fridge or somewhere they can see often to remind them of who is there to help them if they need.

### **3-2-1 Reflection**

- Where are you going to try and notice consent asking? (Home, sport team, with friends)
- How can you model consent asking?
- How can you model giving no consent?
- What did you learn about consent today?