Curriculum links

WA HPE Curriculum

Sub-strand: Staying Safe

- Protective behaviours and strategies to remain safe in uncomfortable or unsafe situations
- Strategies to ensure safety at home and at school
- Strategies for seeking, giving and denying permission are rehearsed and refined, and situations where permission is required are described

Sub-strand: Interacting with others

- Positive influence of respect, empathy, and the valuing of differences in relationships and in society
- Strategies to cope with adverse situations and the demands of others

International technical guidelines on sexuality education

Key concept 1.3 Tolerance, Inclusion and Respect

- It is disrespectful and hurtful to harass or bully anyone on the basis of their social, economic or health status, ethnicity, race, origin, sexual orientation, gender identity, or other differences

Key concept 4.1 Violence

- Sexual abuse, sexual harassment and bullying (including cyberbullying) are harmful and it is important to seek support if experiencing them

Key concept 5.3 Communication, Refusal and Negotiation Skills

- Effective communication uses different modes and styles, and is important to expressing and understanding wishes, needs and personal boundaries

Key concept 5.5 Finding Help and Support

- There are different sources of help and support in school and the wider community

Materials

Student Activity Sheet: *Ways to show self-respect and stand up for myself* [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.
- Read Educator Note on Cyberbullying

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 respect and stand up for yourself?*
   - Ensure students consider strategies such as thinking for yourself, being positive, trying to stay calm when you are feeling angry or nervous, showing respectful body language, listening to others, sharing and taking turns, being a good sport, saying no to things that you do not want to do, telling someone being mean to you (or others) 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 show self-respect and stand up for myself* and have them complete it in pairs. Hear feedback and stress that the strategies they have identified might be different for different situations.

3-2-1 Reflection

Small Group

Optional Activity

1. Students work in pairs or groups of 3 to role-play scenarios from the activity sheet they just completed.
2. Students can take turns to practice responses. An additional third role of a bystander or a trusted adult can be included in scenarios. If students do not want to participate in the role play, they can observe and provide feedback for their peers.

Health promoting schools

Background teacher note: Health promoting schools framework.

Partnerships

Family

- Talk Soon. Talk Often: a guide for parents talking to their kids about sex is a free hardcopy resource that can be bulk ordered by schools and website. Send a copy home to parents prior to starting your RSE program. The booklet offers ages and stage related information on puberty (and other topics) so that parents can reinforce the topics covered in class. (How to order hard copies.) Provide the link to parents on school websites and social media.
- Run a parent workshop and run this activity with parents to model the content that will be covered in your RSE program.
- Run a parent and child evening session, where the children can teach the parents what they have been learning about.

Environment

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

Online vs face-to-face communication

Curriculum links

WA HPE Curriculum

Sub-strand: Staying safe

- Protective behaviours and strategies to remain safe in uncomfortable or unsafe situations.
- Strategies to ensure safety at home and at school.

Sub-strand: Interacting with others

- Positive influence of respect, empathy, and the valuing of differences in relationships and in society.
- Strategies to cope with adverse situations and the demands of others.

International technical guidelines on sexuality education

Key concept 1.2 Friendship, love and romantic relationships

- Friendship and love help people feel positive about themselves
- Inequality within relationships negatively affects personal relationships

Key concept 5.3 Communication, refusal and negotiation skills

- Effective communication uses different modes and styles, and is important to expressing and understanding wishes, needs and personal boundaries.

Materials

- Teaching Resource: Online vs face-to-face communication

- 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
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. Teaching strategy: Guess my category. Scatter images randomly on the slide before showing students this slide (they are currently in the two groups). Start to move the images back 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*)

4. 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

5. Grouping strategy: Fruits Divide the class into small groups by giving them a communication form (Snap Chat, phone, FaceTime, text, email, social media etc).
6. Show slide 4 of Teaching Resource.
7. 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 (as shown on slide 4). 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: 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 are 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
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).

Health promoting schools

Background teacher note: Health promoting schools framework.

Partnerships

Family

- Talk Soon. Talk Often: a guide for parents talking to their kids about sex is a free hardcopy resource that can be bulk ordered by schools and website. Send a copy home to parents prior to starting your RSE program. The booklet offers ages and stage related information on puberty (and other topics) so that parents can reinforce

the topics covered in class. (How to order hard copies.) Provide the link to parents on school websites and social media.
- Run a parent workshop and run this activity with parents to model the content that will be covered in your RSE program.
- Run a parent and child evening session, where the children can teach the parents what they have been learning about.

gdhr | Growing & developing healthy relationships

Curriculum links

WA HPE Curriculum

Sub-strand: Personal identity and change

- Ways to respond positively to challenges and failures, including the use of resilience and persistence.

Sub-strand: Interacting with others

- Strategies to cope with adverse situations and the demands of others
- Strategies to identify and manage emotions before reacting

International technical guidance on sexuality education

Key concept 5.3 Communication, refusal and negotiation skills (9-12 years)

- Effective communication uses different modes and styles, and is important to expressing and understanding wishes, needs and personal boundaries.

Materials

- 2 A3 signs, each with one of the following sentences: *Pessimistic thinking is negative and unhelpful.* and *Optimistic thinking is positive and helpful.*
- 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

- Teachers should know and understand the protective interrupting technique and what, why, when and how it is needed and used.
- This activity might reveal a student who is struggling with their mental health or experiencing hardship. Consider having the school psychologist or another staff member in the room to support and follow-up.
- 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 mins

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.

Resilience, Negative and Positive

30 mins

2. Write a class definition of each of the following words: **Resilience, Negative, Positive.**
3. Create a Y-chart for each of the words, identifying what each characteristic looks like, sounds like and feels like.
4. Put up each of your A3 signs about positive and negative thinking and have students add examples of each.
   - Have students add examples of each to the appropriate signs. Display these around the classroom.

Teaching tip: You can make this activity last longer and use arts and craft to make the signs more appealing. 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.

5. Have students 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.
6. Once completed, separate the students into 7 groups to tally the yes/no responses from the box allocated to them. Hear findings from each question.
7. 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)

What happens if we take things personally and are our fault?

(we feel helpless and less likely to bounce back from these unpleasant feelings by problem-solving and looking for ways to cope)

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 are some things you could put into the category of 'just can't change' when we are thinking about what caused setbacks or challenges?

(the weather; 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)

When 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, important to express our emotions)

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.)

Applying thinking styles

20 mins

8. 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.
9. Whiteboard:
    a. **Calm** down the body
    b. **Think** optimistically
    c. Use **self-talk**
10. Place Teaching Resource: *Positive ways to deal with challenges and setbacks* on the interactive whiteboard or give out one copy to each student.
11. 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.
12. Introduce the skill of **thinking optimistically** and explain that it is thinking (when things are bad) that:
    a. 'Things will get better soon – this won't last forever.'
    b. 'I don't like what's happening, but it happens to everyone, not just me.'
    c. 'It's just this bit that isn't alright; everything else in my life is OK.'
13. Explain that it is more useful than **thinking pessimistically**, which is thinking that:
    a. 'Things won't get better soon – this will keep happening to me.'
    b. 'I don't like what's happening. It's because I'm dumb or unlucky.'
    c. 'Everything in my life seems bad because of this.'
14. 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.
15. Ask:

    Can you think of an optimistic person you know? What do they do or say that is optimistic?

16. 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. For 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!" 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.
17. Have students form small groups and give them a copy each of the Student Activity Sheet: *I know how to respond positively*.
18. Ask students to 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.
19. Once completed ask some groups share their ideas.

3-2-1 Reflection

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20. 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.

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

Health promoting schools

Background teacher note: Health promoting schools framework.

Partnerships

Family

- Talk Soon. Talk Often: a guide for parents talking to their kids about sex is a free hardcopy resource that can be bulk ordered by schools and website. Send a copy home to parents prior to starting your RSE program. The booklet offers ages and stage related information on puberty (and other topics) so that parents can reinforce the topics covered in class. (How to order hard copies.) Provide the link to parents on school websites and social media.
- Run a parent workshop and run this activity with parents to model the content that will be covered in your RSE program.
- Run a parent and child evening session, where the children can teach the parents what they have been learning about.

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Curriculum links

WA HPE Curriculum

Sub-strand: Interacting with others

- Strategies to cope with adverse situations and the demands of other
- Strategies to identify and manage emotions before reacting

International technical guidance on sexuality education

Key concept 5.3 (9-12 years)

- Effective communication uses different modes and styles, and is important to expressing and understanding wishes, needs and personal boundaries

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*
- Optional: Feelings Wheel (for identifying and naming a range of 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. You might wish to use other emotions from the Feelings Wheel during this activity.

   (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 can tell us we need to look after ourselves and others, fix a problem, or notice that something not-so-good has happened)
   - *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?* (sometimes, but it may take a while. We can use positive self-talk or optimistic thinking to try to change the way we are thinking, which can 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 difficult to think properly and not worrying at all could make us feel overconfident)
   - *Why is it important to correctly name and recognise our feelings?* (this helps us to use the right emotion management tools, such as optimistic thinking and problem solving. 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. Usually, it helps if you can find a way to name the feeling, calm down or bring awareness to 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 to breaking up or damaging friendships, getting in trouble at school or with authorities, feeling guilty, losing self-respect or damaging our reputation.
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 they 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 they 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.

Health promoting schools

Background teacher note: Health promoting schools framework.

Partnerships

Family

- Talk Soon. Talk Often: a guide for parents talking to their kids about sex is a free hardcopy resource that can be bulk ordered by schools and website. Send a copy home to parents prior to starting your RSE program. The

booklet offers ages and stage related information on puberty (and other topics) so that parents can reinforce the topics covered in class. (How to order hard copies.) Provide the link to parents on school websites and social media.
- Run a parent workshop and run this activity with parents to model the content that will be covered in your RSE program.
- Run a parent and child evening session, where the children can teach the parents what they have been learning about.

Staff/Professionals

- Identify, discuss and connect students in with school support staff (e.g. Counsellor, Psychologist, Wellbeing Leaders, Chaplain) who can help when they are experiencing intense emotions. Promote these services in a way that normalizes help and support seeking.

Community

- Coordinate whole-school practices that promote emotional management and regulation and help seeking behaviour.
- Mentally Healthy Schools - Act Belong Commit Act Belong Commit framework embeds mental health initiatives in the classroom, whole school environment and broader school community.
- Display the Feelings Wheel in classrooms for students to develop greater emotional awareness.

Curriculum links

WA HPE Curriculum

Sub-strand: Interacting with others

- Positive influence of respect, empathy, and the valuing of differences in relationships and in society.

International technical guidelines on sexuality education

Key concept 1.2 Friendship, love and romantic relationships

- Friendship and love help people feel positive about themselves
- Inequality within relationships negatively affects personal relationships

Key concept 5.3 Communication, refusal and negotiation skills

- Effective communication uses different modes and styles, and is important to expressing and understanding wishes, needs and personal boundaries.

Materials

- Teaching Resource: *My healthy friendship qualities* (teacher copy with answers)
- Teaching Resource: My healthy friendship qualities no answers.docx [for interactive whiteboard]
- Student Activity Sheet: *What's problematic?* [one set per group]
- Student Activity Sheet: *My 'healthy friendship qualities' quiz* [one per student]

Before you get started

Learning activities

Group agreement

5 mins

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: *My Healthy Friendship Qualities* 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's Problematic?* which looks at 'negative traits' that make it harder to respond to someone in a positive way, even though they are probably a nice person. They must decide, as a group, on five more 'traits' to add to this list and then rank the top five and discuss as a class. Write common rankings on the whiteboard. Examples of some other traits might include - jealous, judgemental, dishonest, unsupportive, unfair, possessive, overly competitive, controlling, peer pressure you into doing things you don't want to do.
   - 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 'healthy friendship qualities' 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 to ask about someone's interests
   - Using kind language when someone has made a mistake
   - Asking classmates to join in on an activity and taking turns
   - Offering help to someone who appears upset
   - Giving an honest but respectful opinion
   - Cooperating well
   - Being an active listener
   - Being an empathetic loser
   - Using empathy to try and understand how a person is feeling

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 'friendship quality' I would like to practise is.....*
- *Three ways I could practise this would be:...*
- *I could ask.....to help me practise this.*
- *I will know if I have got better at this by.....*
- *I will know I still need a bit more effort on this by....*

Health promoting schools

Background teacher note: Health promoting schools framework.

Partnerships

Family

- Talk Soon. Talk Often: a guide for parents talking to their kids about sex is a free hardcopy resource that can be bulk ordered by schools and website. Send a copy home to parents prior to starting your RSE program. The booklet offers ages and stage related information on puberty (and other topics) so that parents can reinforce the topics covered in class. (How to order hard copies.) Provide the link to parents on school websites and social media.
- Run a parent workshop and run this activity with parents to model the content that will be covered in your RSE program.
- Run a parent and child evening session, where the children can teach the parents what they have been learning about.

Changes with growing older and how to manage

gdhr | Growing & developing healthy relationships

Curriculum links

WA Curriculum

HPE: Personal, social and community health

- Changes associated with puberty.
- Strategies to manage changes associated with puberty.

International technical guidance on sexuality education

Key concept 6.3 Puberty (9-12 years)

- Puberty signals changes in a person's reproductive capability.

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*.
- Read the Educator note: *Puberty*.

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 leaarning environment. Read Essential Tool: Establishing a group agreement for tops on how to create one and what to include.

1. Revise of create the class group agreement.

What do we need to change and grow?

15 minutes

2. 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.
3. Show the following examples of how people change over time:

- YouTube clip: 21 Years (http://youtu.be/d-4i2ZlqLsI)
- Perth | Now & Then (http://thewest.com.au/nowandthen/)

4. Use the brainstorm teaching strategy to discuss the below.
    1. 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).
    2. 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?
    3. 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.
5. **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?*

How people change and grow

25 minutes

6. Independently or in small groups, 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).
7. Give the opportunity for students to consider physical, emotional and social changes that might occur in the next ten 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 puberty is a normal part of growing up and there is little that can be done to slow or speed up puberty.
8. On an A3 sheet of paper, have students draw pictures of themselves at four years old, nine years old and 19 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 age 19 years. Ask them to focus on the differences between nine to 19 if you are running out of time.
    - Have the students identify aspects they believe will remain constant throughout these years and their lives.

Teaching tip: The year intervals could be increased or reduced at the teacher's discretion or specific ages could be identified.

9. Invite different students to share their predictions for the different ages.

10. Ask:
    - *Do you think all these changes happen all at the same time very quickly or do they happen slowly?*
    - *Which changes do you think might be good ones?*
    - *Which changes do you think might be challenging?*
    - *Are there any differences in changes for boys and girls?*
    - *What is easy or challenging about changes for girls/boys?*

3-2-1 Reflection

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5 minutes

9. 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?*
    - *Have you noticed that many people share the same feelings about different aspects of growing up?*
    - *Where can you go for support? Who can you speak to or ask questions about growing up, becoming an adult, going through puberty?*

Health promoting schools

Educator note: Health promoting schools framework

Environment

Have copies of the puberty booklet other age-appropriate, puberty-related resources available in the classroom and/or library.

Partnership

Parents and families - Communicate with families that you will be talking about changes that occur when growing up, including introducing conversations about puberty. You can send home a copy of Talk Soon Talk Often: a guide for parents talking to their kids about sex or a link to the website.

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