Years 9 and 10

teaching strategies and curriculum connections

Brainstorm

Protective Behaviours: Refining skills for life – Health and Physical Education
Early Adolescence

Resource 3: Safety brainstorm

Years 9 and 10 – Brainstorm
Western Australian Curriculum - Health and Physical Education The Western Australian syllabuses remain broadly consistent with the Australian Curriculum but have been contextualised to make them more suitable for Western Australian students and teachers.

Focus area
- Mental health and wellbeing
  - Coping skills, help-seeking strategies and community support resources
  - Developing networks of support for promoting mental health and wellbeing
- Relationships and sexuality
  - Identifying people who are important to them
  - Strategies for relating/interacting positively with others
  - Assertive behaviour and standing up for yourself
  - Bullying, harassment and violence
  - Managing relationships when there is an imbalance of power
- Safety
  - Identifying safe and unsafe situations at home, school, at parties and in the community
  - Managing personal safety
  - Safety at school

Year 9 **Strand/Sub-Strand** This teaching strategy is relevant to the following Western Australian Curriculum content:	Year 10 **Strand/Sub-Strand** This teaching strategy is relevant to the following Western Australian Curriculum content:
Personal, social and community health • **Being healthy, safe and active**	**Personal, social and community health** • **Being healthy, safe and active**

o Skills to deal with challenging or unsafe situations:
- refusal skills
- initiating contingency plans
- expressing thoughts, opinions, beliefs
- acting assertively (ACPPS090)
o Actions and strategies to enhance health and wellbeing in a range of environments, such as:
- the use of complementary health practices to support and promote good health
- responding to emergency situations
- identifying and managing risky situations
- safe blood practices (ACPPS091)
o Impact of external influences on the ability of adolescents to make healthy and safe choices relating to:
- sexuality
- alcohol and other drug use
- risk taking (ACPPS092)

o The impact of societal and cultural influences on personal identity and health behaviour, such as:
- how diversity and gender are represented in the media
- differing cultural beliefs and practices surrounding transition to adulthood (ACPPS089)
o Skills and strategies to manage situations where risk is encouraged by others (ACPPS091)
o Analysis of images and messages in the media related to:
- alcohol and other drugs
- body image
- fast food
- road safety
- relationships (ACPPS092)
o External influences on sexuality and sexual health behaviours, including the impact decisions and actions have on their own and others' health and wellbeing (ACPPS092)

General capabilities
- **Literacy: Composing texts through speaking, writing and creating**
  o Compose spoken, written, visual and multimodal learning area texts - Compose and edit longer and more complex learning area texts
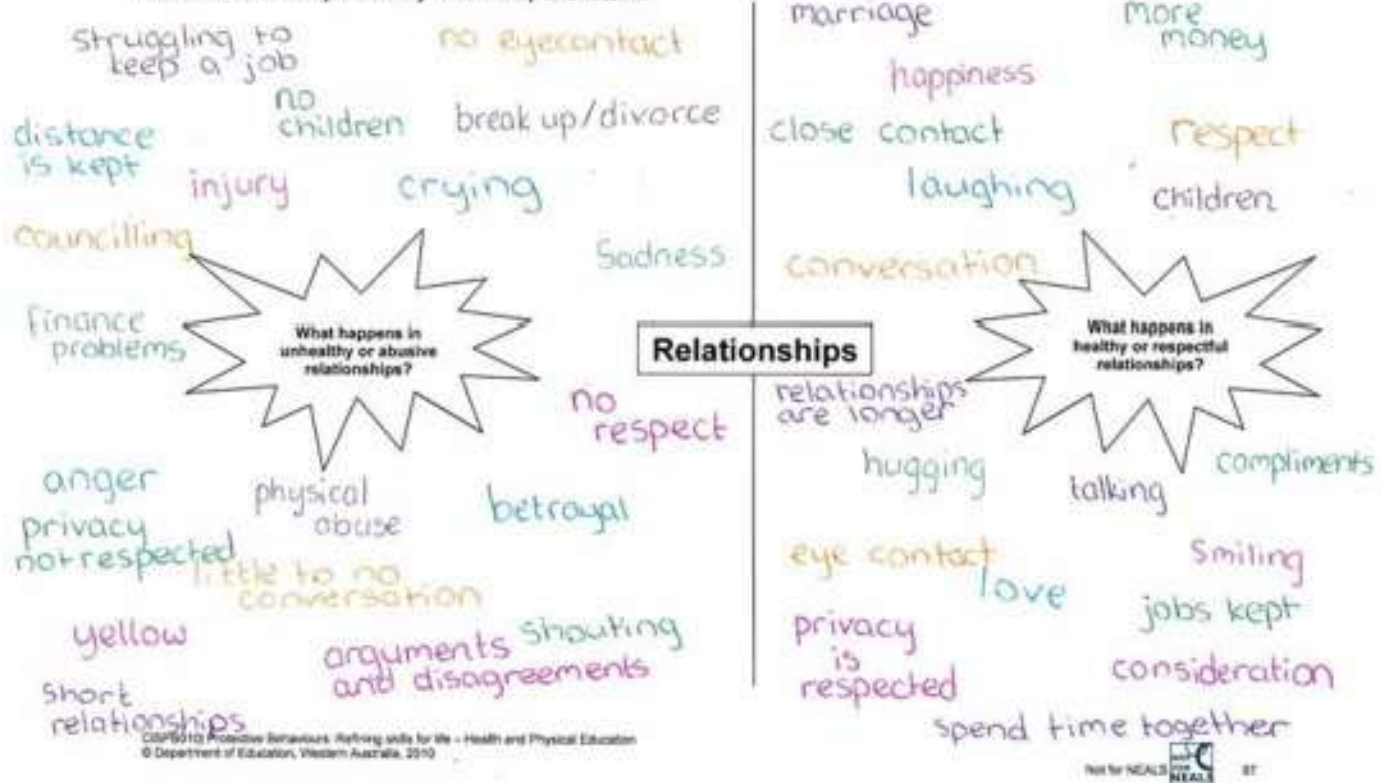
Skills and strategies
- Assertiveness skills
- Communication skills
- Co-operation skills
- Examining how emotions and decision making can affect outcomes
- Help seeking strategies
- How to manage risk
- Investigating factors that influence the way individuals respond emotionally to different situations
- Keeping safe skills
- Resilience skills
- Social skills
- Strategies to cope with emotions

Free think

Protective Behaviours: Refining skills for life – Health and Physical Education
Early Adolescence

Resource 14: Healthy/unhealthy relationship brainstorm

struggling to keep a job
no eyecontact
no children
break up/divorce
distance is kept
injury
crying
councilling
Sadness
finance problems

What happens in unhealthy or abusive relationships?

Relationships

no respect
anger
physical abuse
betrayal
privacy not respected
little to no conversation
yellow
arguments shouting and disagreements
short relationships

marriage
more money
happiness
close contact
respect
laughing
children
conversation

What happens in healthy or respectful relationships?

relationships are longer
hugging
talking
compliments
eye contact
love
Smiling
privacy is respected
jobs kept
consideration
spend time together

CBP6010 Protective Behaviours: Refining skills for life – Health and Physical Education
© Department of Education, Western Australia, 2010

Not for NEALS

Years 9 and 10 – Free think

Western Australian Curriculum - Health and Physical Education
The Western Australian syllabuses remain broadly consistent with the Australian Curriculum but have been contextualised to make them more suitable for Western Australian students and teachers.

Focus area
- Relationships and sexuality
  - o Identifying people who are important to them
  - o Strategies for relating/interacting positively with others
  - o Assertive behaviour and standing up for yourself
  - o Bullying, harassment and violence
  - o Managing relationships when there is an imbalance of power

Year 9 **Strand/Sub-Strand** This teaching strategy is relevant to the following Western Australian Curriculum content:	**Year 10** **Strand/Sub-Strand** This teaching strategy is relevant to the following Western Australian Curriculum content:

Personal, social and community health
• **Communicating and interacting for health and well being**
  o Characteristics of respectful relationships:
    – respecting the rights and responsibilities of individuals in the relationship
    – respect for personal differences and opinions
    – empathy (ACPPS093)
  o Strategies for managing emotional responses and resolving conflict in a family, social or online environment (ACPPS094)
  o Skills to determine appropriateness and reliability of online health information (ACPPS095)
	Personal, social and community health
	• **Communicating and interacting for health and well being**
	  o Skills and strategies to promote respectful relationships, such as:
	    – appropriate emotional responses in a variety of situations
	    – taking action if a relationship is not respectful
	    – appropriate bystander behaviour in physical and online interactions (ACPPS093)
	  o Effects of emotional responses on relationships, such as:
	    – extreme emotions impacting on situations or

| | relationships |
| | – the consequences of not recognising emotions of others (<u>ACPPS094</u>) |

General capabilities

- **Personal and social capability: Social awareness**
  - o Understand relationships - Identify indicators of possible problems in relationships in a range of social and work related situations
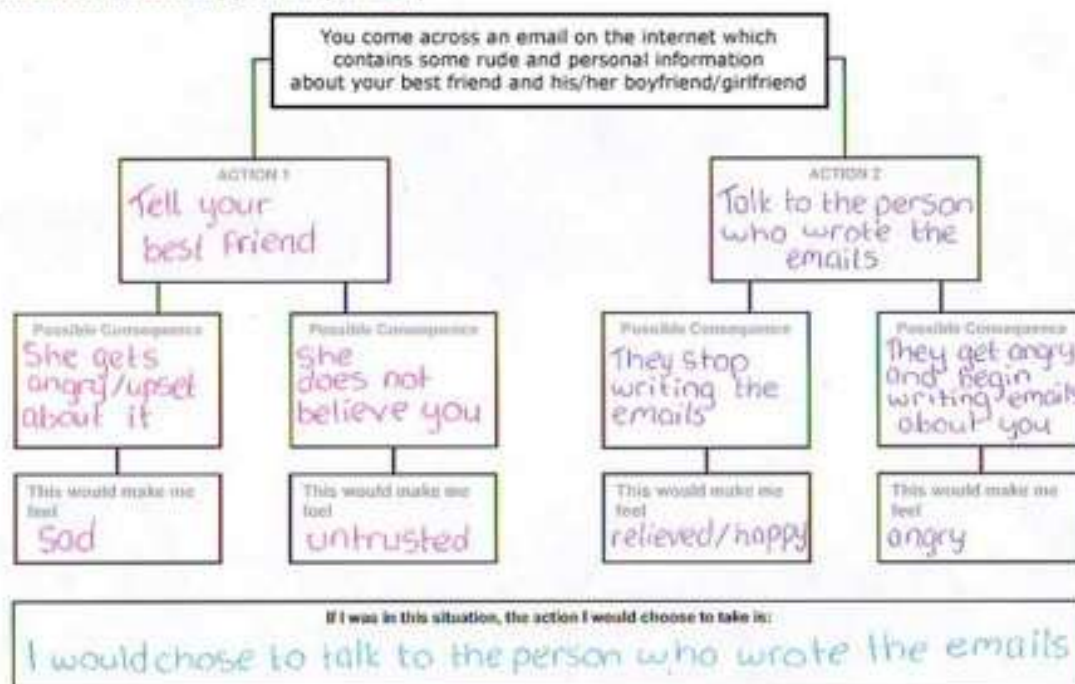
Skills and strategies

- One step removed strategy
- Assertiveness skills
- Communication skills
- Coping skills
- Decision making skills
- Exploring help-seeking scenarios that young people encounter
- Managing relationship skills
- Practising different communication techniques to persuade someone to seek help
- Resilience skills
- Risk evaluation strategies
- Risk management skills
- Self-understanding skills
- Social skills

Decision making model

Resource 16: Relationship problems (continued)

You come across an email on the internet which contains some rude and personal information about your best friend and his/her boyfriend/girlfriend

ACTION 1
Tell your best friend

ACTION 2
Talk to the person who wrote the emails

Possible Consequence
She gets angry/upset about it

Possible Consequence
She does not believe you

Possible Consequence
They stop writing the emails

Possible Consequence
They get angry and begin writing emails about you

This would make me feel
Sad

This would make me feel
untrusted

This would make me feel
relieved/happy

This would make me feel
angry

If I was in this situation, the action I would choose to take is:
I would chose to talk to the person who wrote the emails

CJSP0018 Protective Behaviours: Refining skills for life – Health and Physical Education
© Department of Education, Western Australia, 2019

Not for NEALS

Years 9 and 10 – Decision making model
Western Australian Curriculum - Health and Physical Education The Western Australian syllabuses remain broadly consistent with the Australian Curriculum but have been contextualised to make them more suitable for Western Australian students and teachers.
Focus area • Mental health and wellbeing o Coping skills, help-seeking strategies and community support resources o Developing networks of support for promoting mental health and wellbeing • Relationships and sexuality o Strategies for relating/interacting positively with others o Assertive behaviour and standing up for yourself o Bullying, harassment and violence o Managing relationships when there is an imbalance of power • Safety o Identifying safe and unsafe situations at home, school, at parties and in the community o Managing personal safety

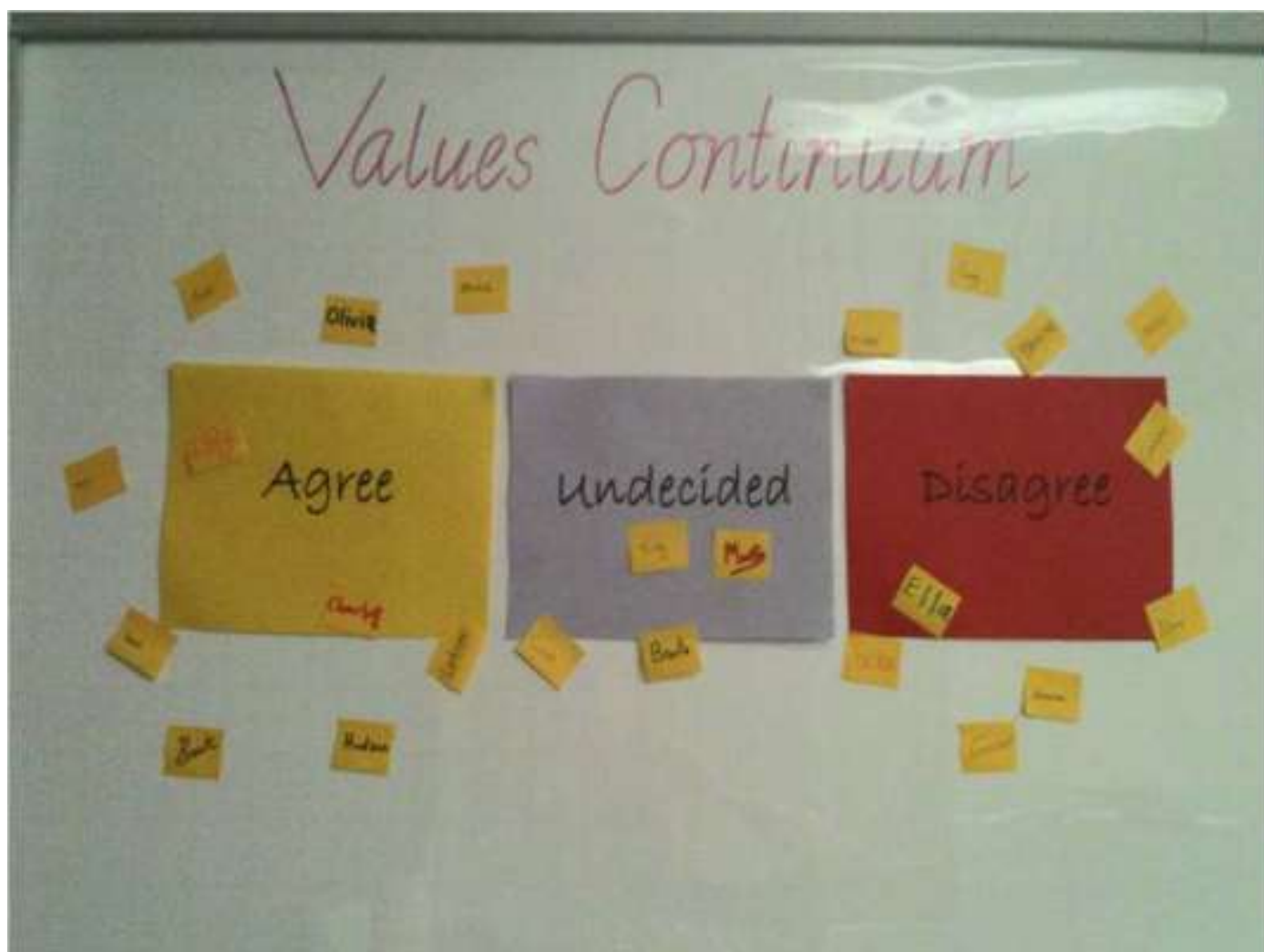| Year 9
Strand/Sub-Strand
This teaching strategy is relevant to the following Western Australian Curriculum content:

Personal, social and community health
• **Being healthy, safe and active**
   o Skills to deal with challenging or unsafe situations:
     – refusal skills
     – initiating contingency plans
     – expressing thoughts, opinions, beliefs
     – acting assertively (ACPPS090)
   o Impact of external influences on the ability of adolescents to make healthy and safe choices relating to:
     – sexuality
     – alcohol and other drug use
     – risk taking (ACPPS092)
• **Communicating and interacting for health and well being**
   o Strategies for managing emotional responses and resolving conflict in a family, social or online environment (ACPPS094) | Year 10
Strand/Sub-Strand
This teaching strategy is relevant to the following Western Australian Curriculum content:

Personal, social and community health
• **Being healthy, safe and active**
   o Skills and strategies to manage situations where risk is encouraged by others (ACPPS091)
• **Communicating and interacting for health and well being**
   o Skills and strategies to promote respectful relationships, such as:
     – appropriate emotional responses in a variety of situations
     – taking action if a relationship is not respectful
     – appropriate bystander behaviour in physical and online interactions (ACPPS093)
   o Effects of emotional responses on relationships, such as:
     – extreme emotions impacting on situations or relationships
     – the consequences of not recognising emotions of others (ACPPS094) |

General capabilities
- **Personal and social capability: Self-management**
  - Express emotions appropriately - Forecast the consequences of expressing emotions inappropriately and devise measures to regulate behaviour

Skills and strategies
- Assertiveness skills
- Communication skills
- Coping skills
- Decision making skills
- Evaluating skills
- Examining how emotions and decision making can affect outcomes
- Investigating factors that influence the way individuals respond emotionally to different situations
- Leadership skills
- Personal safety skills
- Resilience skills
- Self-control skills
- Self-understanding skills
- Social skills
- Strategies to manage risk
- Stress management
- Ways to deal appropriately with conflict

Values continuum

Years 9 and 10 – Values continuum

Western Australian Curriculum - Health and Physical Education The Western Australian syllabuses remain broadly consistent with the Australian Curriculum but have been contextualised to make them more suitable for Western Australian students and teachers.

Focus area

- Relationships and sexuality
  - o Strategies for relating/interacting positively with others
  - o Assertive behaviour and standing up for yourself
- Safety
  - o Identifying safe and unsafe situations at home, school, at parties and in the community
  - o Managing personal safety

Year 9 **Strand/Sub-Strand** This teaching strategy is relevant to the following Western Australian Curriculum content:	**Year 10** **Strand/Sub-Strand** This teaching strategy is relevant to the following Western Australian Curriculum content:

Personal, social and community health
- **Being healthy, safe and active**
  o Skills to deal with challenging or unsafe situations:
    – refusal skills
    – initiating contingency plans
    – expressing thoughts, opinions, beliefs
    – acting assertively (ACPPS090)
  o Actions and strategies to enhance health and
	Personal, social and community health
	- **Being healthy, safe and active**
	  o Skills and strategies to manage situations where risk is encouraged by others (ACPPS091)
	  o External influences on sexuality and sexual health behaviours, including the impact decisions and actions have on their own and others' health and wellbeing (ACPPS092)
	- **Communicating and interacting for health and**

wellbeing in a range of environments, such as:
- – the use of complementary health practices to support and promote good health
- – responding to emergency situations
- – identifying and managing risky situations
- – safe blood practices (ACPPS091)
- o Impact of external influences on the ability of adolescents to make healthy and safe choices relating to:
  - – sexuality
  - – alcohol and other drug use
  - – risk taking (ACPPS092)
- **Communicating and interacting for health and well being**
  - o Characteristics of respectful relationships:
    - – respecting the rights and responsibilities of individuals in the relationship
    - – respect for personal differences and opinions
    - – empathy (ACPPS093)
  - o Strategies for managing emotional responses and resolving conflict in a family, social or online environment (ACPPS094)

well being
- o Skills and strategies to promote respectful relationships, such as:
  - – appropriate emotional responses in a variety of situations
  - – taking action if a relationship is not respectful
  - – appropriate bystander behaviour in physical and online interactions (ACPPS093)
- o Effects of emotional responses on relationships, such as:
  - – extreme emotions impacting on situations or relationships
  - – the consequences of not recognising emotions of others (ACPPS094)

General capabilities
- **Personal and social capability: Social management**
  - o Make decisions - Assess individual and group decision-making processes in challenging situations

Skills and strategies
- Assessing and responding skills
- Communication skills
- Coping skills
- Decision making skills
- Examining how emotions and decision making can affect outcomes
- Investigating factors that influence the way individuals respond emotionally to different situations
- Keeping safe skills
- Managing risk skills
- Resilience skills
- Self-understanding skills
- Social skills

Unfinished sentences

When I am scared I ...... grind my teeth

(handwritten annotations: shake, run, feel sick, cry)

When I feel my personal space is invaded I . step away

(handwritten annotations: freeze, move away, shake)

When I am nervous I ......

(handwritten annotations: bite my nails, step back, hold my breath, stutter, shake, twitch)

Years 9 and 10 – Unfinished sentences
Western Australian Curriculum - Health and Physical Education The Western Australian syllabuses remain broadly consistent with the Australian Curriculum but have been contextualised to make them more suitable for Western Australian students and teachers.

Focus area
• Mental health and wellbeing
   o Coping skills, help-seeking strategies and community support resources
   o Developing networks of support for promoting mental health and wellbeing
• Relationships and sexuality
   o Assertive behaviour and standing up for yourself
• Safety
   o Identifying safe and unsafe situations at home, school, at parties and in the community
   o Managing personal safety

| Year 9
Strand/Sub-Strand
This teaching strategy is relevant to the following Western Australian Curriculum content:

Personal, social and community health
• **Being healthy, safe and active**
   o Skills to deal with challenging or unsafe situations:
      – refusal skills
      – initiating contingency plans
      – expressing thoughts, opinions, beliefs | Year 10
Strand/Sub-Strand
This teaching strategy is relevant to the following Western Australian Curriculum content:

Personal, social and community health
• **Being healthy, safe and active**
   o Skills and strategies to manage situations where risk is encouraged by others (ACPPS091)
• **Communicating and interacting for health and well being**
   o Skills and strategies to promote respectful |

- acting assertively (ACPPS090)
  - o Actions and strategies to enhance health and wellbeing in a range of environments, such as:
    - the use of complementary health practices to support and promote good health
    - responding to emergency situations
    - identifying and managing risky situations
    - safe blood practices (ACPPS091)
  - o Impact of external influences on the ability of adolescents to make healthy and safe choices relating to:
    - sexuality
    - alcohol and other drug use
    - risk taking (ACPPS092)
- **Communicating and interacting for health and well being**
  - o Strategies for managing emotional responses and resolving conflict in a family, social or online environment (ACPPS094)

relationships, such as:
- appropriate emotional responses in a variety of situations
- taking action if a relationship is not respectful
- appropriate bystander behaviour in physical and online interactions (ACPPS093)
- o Effects of emotional responses on relationships, such as:
  - extreme emotions impacting on situations or relationships
  - the consequences of not recognising emotions of others (ACPPS094)

General capabilities
- **Critical and creative thinking: Inquiring**
  - o Identify and clarify information and ideas - Clarify information and ideas from texts or images when exploring challenging issues
- **Personal and social capability: Self-awareness**
  - o Recognise emotions - Reflect critically on their emotional responses to situations in a wide range of learning, social and work-related contexts

Skills and strategies
- Assertiveness skills
- Assessing and responding skills
- Communication skills
- Coping skills
- Decision making skills
- Examining how emotions and decision making can affect outcomes
- Investigating factors that influence the way individuals respond emotionally to different situations
- Keeping safe skills
- Managing risk skills
- Resilience skills
- Risk management skills
- Self-control skills
- Self-understanding skills
- Social skills
- Stress management skills
- Ways to deal appropriately with conflict

Role play

Years 9 and 10 – Role play
Western Australian Curriculum - Health and Physical Education The Western Australian syllabuses remain broadly consistent with the Australian Curriculum but have been contextualised to make them more suitable for Western Australian students and teachers.

Focus area
• Mental health and wellbeing
    o Coping skills, help-seeking strategies and community support resources
    o Developing networks of support for promoting mental health and wellbeing
• Relationships and sexuality
    o Assertive behaviour and standing up for yourself
• Safety
    o Identifying safe and unsafe situations at home, school, at parties and in the community
    o Managing personal safety

Year 9 **Strand/Sub-Strand** This teaching strategy is relevant to the following Western Australian Curriculum content:	Year 10 **Strand/Sub-Strand** This teaching strategy is relevant to the following Western Australian Curriculum content:

Personal, social and community health
• **Being healthy, safe and active**
    o Skills to deal with challenging or unsafe situations:
       – refusal skills
       – initiating contingency plans
       – expressing thoughts, opinions, beliefs
       – acting assertively (ACPPS090)
	Personal, social and community health
	• **Being healthy, safe and active**
	    o Skills and strategies to manage situations where risk is encouraged by others (ACPPS091)
	    o External influences on sexuality and sexual health behaviours, including the impact decisions and actions have on their own and others' health and wellbeing (ACPPS092)

- o Actions and strategies to enhance health and wellbeing in a range of environments, such as:
  - the use of complementary health practices to support and promote good health
  - responding to emergency situations
  - identifying and managing risky situations
  - safe blood practices (ACPPS091)
- **Communicating and interacting for health and well being**
  - o Characteristics of respectful relationships:
    - respecting the rights and responsibilities of individuals in the relationship
    - respect for personal differences and opinions
    - empathy (ACPPS093)
  - o Strategies for managing emotional responses and resolving conflict in a family, social or online environment (ACPPS094)

- **Communicating and interacting for health and well being**
  - o Skills and strategies to promote respectful relationships, such as:
    - appropriate emotional responses in a variety of situations
    - taking action if a relationship is not respectful
    - appropriate bystander behaviour in physical and online interactions (ACPPS093)
  - o Effects of emotional responses on relationships, such as:
    - extreme emotions impacting on situations or relationships
    - the consequences of not recognising emotions of others (ACPPS094)

General capabilities

- **Personal and social capability: Social management**
  - o Make decisions - Assess individual and group decision-making processes in challenging situations

---

Skills and strategies

- One step removed strategy
- Assertiveness skills
- Assessing and responding skills
- Communication skills
- Decision making skills
- Examining how emotions and decision making can affect outcomes
- Investigating factors that influence the way individuals respond emotionally to different situations
- Maintaining relationship skills
- Resilience skills
- Risk management skills
- Self-control skills
- Self-understanding skills
- Social skills
- Stress management skills
- Ways to deal appropriately with conflict

Thumbs up thumbs down opinion

Years 9 and 10 – Thumbs up thumbs down opinion

Western Australian Curriculum - Health and Physical Education
The Western Australian syllabuses remain broadly consistent with the Australian Curriculum but have been contextualised to make them more suitable for Western Australian students and teachers.

Focus area
- Safety
  - o Identifying safe and unsafe situations at home, school, at parties and in the community
  - o Managing personal safety
  - o Safety at school

<table>
<tr>
<td>

Year 9
Strand/Sub-Strand
This teaching strategy is relevant to the following Western Australian Curriculum content:

Personal, social and community health
- **Being healthy, safe and active**
  - o Skills to deal with challenging or unsafe situations:
    - – refusal skills
    - – initiating contingency plans
    - – expressing thoughts, opinions, beliefs
    - – acting assertively (ACPPS090)
  - o Actions and strategies to enhance health and wellbeing in a range of environments, such as:
    - – the use of complementary health practices to support and promote good health
    - – responding to emergency situations
    - – identifying and managing risky situations
    - – safe blood practices (ACPPS091)
  - o Impact of external influences on the ability of

</td>
<td>

Year 10
Strand/Sub-Strand
This teaching strategy is relevant to the following Western Australian Curriculum content:

Personal, social and community health
- **Being healthy, safe and active**
  - o Skills and strategies to manage situations where risk is encouraged by others (ACPPS091)
  - o External influences on sexuality and sexual health behaviours, including the impact decisions and actions have on their own and others' health and wellbeing (ACPPS092)
- **Communicating and interacting for health and well being**
  - o Skills and strategies to promote respectful relationships, such as:
    - – appropriate emotional responses in a variety of situations
    - – taking action if a relationship is not respectful
    - – appropriate bystander behaviour in physical

</td>
</tr>
</table>

adolescents to make healthy and safe choices relating to:
– sexuality
– alcohol and other drug use
– risk taking (ACPPS092)
• **Communicating and interacting for health and well being**
  o Characteristics of respectful relationships:
    – respecting the rights and responsibilities of individuals in the relationship
    – respect for personal differences and opinions
    – empathy (ACPPS093)
  o Strategies for managing emotional responses and resolving conflict in a family, social or online environment (ACPPS094)
	and online interactions (ACPPS093)

General capabilities
• **Personal and social capability: Social management**
  o Make decisions - Assess individual and group decision-making processes in challenging situations

Skills and strategies
• Communication skills
• Decision making skills
• Examining how emotions and decision making can affect outcomes
• Investigating factors that influence the way individuals respond emotionally to different situations
• Keeping safe skills
• Self-understanding skills
• Social skills