

Program Curriculum Links

What's The Deal? | Year 7

The What's the Deal? seminar provides an introduction into *alcohol & other drugs* by exploring factors that may influence a person's choice to use or not use alcohol, medications or other drugs. Students also explore personal character strengths and how they can confidently and respectfully communicate choices that are right for them. Help-seeking strategies are discussed, considering the benefits of seeking out support, ways to overcome barriers to reaching out, and where to go for help.

Australian Curriculum Links

Year 7-8 | Health & Physical Education | Personal, Social & Community Health Strand

Being healthy, safe and active

- ACPPS071 – Evaluate strategies to manage personal, physical and social changes that occur as they grow older
- ACPPS072 – Practice and apply strategies to seek help for themselves or others
- ACPPS073 – Investigate and select strategies to promote health, safety and wellbeing

Communicating and interacting for health and wellbeing

- ACPPS074 – Investigate the benefits of relationship and examine their impact on their own and others health and wellbeing
- ACPPS075 – Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity
- ACPPS076 – Evaluate health information and communicate their own and others' health concerns

General Capabilities

Literacy | Ethical Understanding | Critical & Creative Thinking | Personal & Social Capability

Keeping Safe: Child Protection Curriculum Links

Middle Years: Years 6-9

FA 1: The right to be safe | Topic 1: Warning Signs

1.1 Exploring theme 1: We all have the right to be safe

FA 1: The right to be safe | Topic 3: Psychological pressure and manipulation

3.1 Defining psychological pressure and manipulation

FA 2: Relationships | Topic 2: Identity and relationships

2.1 Exploring relationships

FA 2: Relationships | Topic 4: Trust and networks

4.1 Trust

4.2 Trusted networks

FA 4: Protective strategies | Topic 1: Strategies for keeping safe

1.3 Assertiveness

FA 4: Protective strategies | Topic 2: Network review and community support

2.3 Community support networks

Regard The Risks | Year 8

The Regard the Risks seminar explores how personal character strengths provide students with a greater sense of self-efficacy in decision making and confidence in making positive choices. Students consider how personal, peer and family influences may change over the course of high school and how this influences their choices. The concept of vulnerability and trust is examined along with how online privacy and social media can impact trust in relationships. Other topics including socialising, alcohol, strategies to support their friends in making positive choices and successfully navigating different celebration environments are explored.

Australian Curriculum Links

Year 7-8 | Health & Physical Education | Personal, Social & Community Health Strand

Being healthy, safe and active

- ACPPS071 – Evaluate strategies to manage personal, physical and social changes that occur as they grow older
- ACPPS072 – Practice and apply strategies to seek help for themselves or others
- ACPPS073 – Investigate and select strategies to promote health, safety and wellbeing

Communicating and interacting for health and wellbeing

- ACPPS074 – Investigate the benefits of relationship and examine their impact on their own and others health and wellbeing

General Capabilities

Literacy | Ethical Understanding | Critical & Creative Thinking | Personal & Social Capability

Keeping Safe: Child Protection Curriculum Links

Middle Years: Years 6-9

FA 1: The right to be safe | Topic 1: Warning Signs

1.1 Exploring theme 1: We all have the right to be safe

FA 1: The right to be safe | Topic 2: Risk-taking and emergencies

2.1 Risk-taking

FA 1: The right to be safe | Topic 3: Psychological pressure and manipulation

3.1 Defining psychological pressure and manipulation

FA 2: Relationships | Topic 2: Identity and relationships

2.1 Exploring relationships

FA 2: Relationships | Topic 4: Trust and networks

4.1 Trust

4.2 Trusted networks

FA 3: Recognising and reporting abuse | Topic 3: Cyber safety

3.1 Being aware on the internet

3.2 Online abuse

Know Your Limits | Year 9

The Know Your Limits seminar discusses how identities change through high school, how the brain develops and how this impacts young people's choices, emotions, and approach to risk-taking. Students explore the developmental and social factors that often cause young people to take more risks than adults. Students are equipped with practical strategies to define and be assertive about their personal choices and ways to support a mate in a time of need including basic first-aid.

Australian Curriculum Links

Year 9-10 | Health & Physical Education | Personal, Social & Community Health Strand

Being healthy, safe and active

- ACPPS089 – Evaluate factors that shape identities and critically analyse how individuals impact the identities of others
- ACPPS090 – Examine the impact of changes and transitions on relationships
- ACPPS092 – Propose, practise and evaluate responses in situations where external influences may impact on their ability to make healthy and safe choices

Communicating and interacting for health and wellbeing

- ACPPS093 – Investigate how empathy and ethical decision making contribute to respectful relationships

General Capabilities

Literacy | Ethical Understanding | Critical & Creative Thinking | Personal & Social Capability

Keeping Safe: Child Protection Curriculum Links

Middle Years: Years 6-9

FA 1: The right to be safe | Topic 1: Warning Signs

1.1 Exploring Theme 1: 'We all have the right to be safe'

FA 1: The right to be safe | Topic 2: Risk-taking and emergencies

2.1 Risk-taking

FA 1: The right to be safe | Topic 3: Psychological pressure and manipulation

3.1 Defining psychological pressure and manipulation

FA 2: Relationships | Topic 1: Rights and responsibilities

1.2 Abuse of rights

FA 4: Protective strategies | Topic 1: Strategies for keeping safe

1.2 Problem-solving card activity

1.3 Assertiveness

Who's Calling Your Shots? | Year 10

The Who's Calling Your Shots? seminar explores the current trends in young people's decisions regarding alcohol and other drugs. The impact of alcohol on brain development is discussed along with examples of how this could impact personal safety and vulnerability in a party environment. Common myths around sobering up are identified, along with practical strategies to identify risky drinking and when a person may need emergency medical assistance. Young people's decisions around other drugs are also discussed, with a focus on cannabis.

Australian Curriculum Links

Year 9-10 | Health & Physical Education | Personal, Social & Community Health Strand

Being healthy, safe and active

- ACPPS089 – Evaluate factors that shape identities and critically analyse how individuals impact the identities of others
- ACPPS090 – Examine the impact of changes and transitions on relationships
- ACPPS091 – Plan, rehearse and evaluate options (including CPR and first aid) for managing situations where their own or others' health, safety and wellbeing may be at short or long term risk

Communicating and interacting for health and wellbeing

- ACPPS093 – Investigate how empathy and ethical decision making contribute to respectful relationships

General Capabilities

Literacy | Ethical Understanding | Critical & Creative Thinking | Personal & Social Capability

Keeping Safe: Child Protection Curriculum Links

Senior Years: Years 10-12

FA 1: The right to be safe | Topic 1: Risk-taking and emergencies

- 1.1 Reviewing warning signs
- 1.2 Assessing risk

FA 1: The right to be safe | Topic 2: Psychological pressure and manipulation

- 2.1 Defining psychological pressure and manipulation

FA 2: Relationships | Topic 1: Rights and responsibilities

- 1.1 Rights and responsibilities

FA 3: Recognising and reporting abuse | Topic 1: Privacy and the body

- 1.3 Health and safety

FA 4: Protective strategies | Topic 1: Strategies for keeping safe

- 1.1 Situations for self-protection
- 1.2 Problem-solving strategies

FA 4: Protective strategies | Topic 2: Network review and community support

- 2.3 Reviewing support services

Alert Not Alarmed | Year 11

The Alert Not Alarmed seminar provides students with key information about risky behaviours that may occur in the party environment and strategies to respond appropriately. Students explore the topics of relationships and consent, and the impact of alcohol and other drugs on driving. The topic of the celebration environment will be critically explored while looking at how alcohol and other drugs may impact the social side of parties. Consideration is given throughout the session to behaviours that make a person more vulnerable and what responsibilities a person can take charge of to keep themselves safe.

Keeping Safe: Child Protection Curriculum Links

Senior Years: Years 10-12

FA 1: The right to be safe | Topic 1: Risk-taking and emergencies

1.2 Assessing risk

FA 2: Relationships | Topic 1: Rights and responsibilities

1.1 Rights and responsibilities

1.3 Sexual consent

FA 2: Relationships | Topic 4: Trust and networks

4.1 Networks

FA 3: Recognising and reporting abuse | Topic 1: Privacy and the body

1.3 Health and safety

FA 3: Recognising and reporting abuse | Topic 2: Recognising abuse

2.1 Types of abuse

2.3 Sexual Abuse

FA 4: Protective strategies | Topic 1: Strategies for keeping safe

1.1 Situations for self-protection

1.2 Problem-solving strategies

FA 4: Protective strategies | Topic 2: Network review and community support

2.3 Reviewing support services

#Adulting | Year 12

The #Adulting seminar discusses the transition that takes place regarding party environments, alcohol, other drugs and legal responsibilities when a person turns 18. Students will be equipped with key warning signs of intoxication, drink spiking and other drug use. Students will develop an understanding of strategies to respond in different situations, including the process of what is involved in calling for emergency services. Other topics explored include party fights, the legalities regarding the supply of alcohol to their mates, and changes to Secondary Supply Laws in South Australia.

Keeping Safe: Child Protection Curriculum Links

Senior Years: Years 10-12

FA 1: The right to be safe | Topic 1: Risk-taking and emergencies

- 1.1 Reviewing warning signs
- 1.2 Assessing risk

FA 2: Relationships | Topic 1: Rights and responsibilities

- 1.1 Rights and responsibilities

FA 2: Relationships | Topic 4: Trust and networks

- 4.1 Networks
- 4.2 Peer networks

FA 3: Recognising and reporting abuse | Topic 1: Privacy and the body

- 1.2 Health and safety

FA 3: Recognising and reporting abuse | Topic 2: Recognising abuse

- 2.1 Types of abuse

FA 4: Protective strategies | Topic 1: Strategies for keeping safe

- 1.1 Situations for self-protection

Safety At Schoolies | Year 12

The Safety at Schoolies seminar is the ultimate guide to end-of-year celebrations for Year 12 students. Students will develop an understanding around the effects of alcohol and what factors can influence how different individuals may be affected. Common myths around sobering up are discussed, along with strategies to protect a mate if a night doesn't go according to plan. Students are given information about what to pack, where to stay and services available for help. Drawing from 20 years of experience managing the response to "Schoolies" in Victor Harbor, we provide Year 12's with the key information that will help students to have a positive and safe end-of-year celebration.

Keeping Safe: Child Protection Curriculum Links

Senior Years: Years 10-12

FA 1: The right to be safe | Topic 1: Risk-taking and emergencies

- 1.1 Reviewing warning signs
- 1.2 Assessing risk

FA 2: Relationships | Topic 4: Trust and Networks

- 4.1 Networks

FA 3: Recognising and reporting abuse | Topic 1: Privacy and the body

- 1.3 Health and safety

FA 3: Recognising and reporting abuse | Topic 3: Cyber safety

- 3.3 Digital reputation

FA 4: Protective strategies | Topic 1: Strategies for keeping safe

- 1.1 Situations for self-protection
- 1.2 Problem-solving strategies