



# Resiliency Toolkit – Year 10

<u>Theme</u>	<u>Learning Activities</u>	<u>Duration</u>	<u>Learning Intentions</u>
<b>Alcohol &amp; other Drugs</b>	• Levels of Intoxication	15 mins	• Recognise physical and behavioral signs of alcohol consumption in sexual or social situations.
	• More Likely/Less Likely	15 mins	• Allows participants to critically discuss how alcohol impacts sexual situations, safety, pleasure and relationships.
	• Stories	20 mins	• This activity aims to create discussion around common alcohol related relationship issues and help build consequential thinking and problem solving skills.
	• What would you do?	10 mins	• Increase awareness of how alcohol can affect communication in sexual situations and help young people identify signs that a partner is too wasted to be sexual.
<b>Healthy Relationships</b>	• Break up Continuum	45 mins	• For participants to examine and discuss behaviours that are acceptable and not acceptable when breaking up.
	• Ok – Not Ok	30 mins	• For participants to examine the behaviours that create healthy and unhealthy relationships and friendships.
	• Relationship Levels		

**Wellbeing**

	15 mins	<ul style="list-style-type: none"><li>Students will identify that there are different types of romantic/sexual relationships and different levels of intimacy within those relationships.</li></ul>
<ul style="list-style-type: none"><li>Sexually say how</li></ul>	50 mins	<ul style="list-style-type: none"><li>Students will identify the differences between passive, aggressive and assertive behaviour.</li></ul>
<ul style="list-style-type: none"><li>Sit down for yourself?</li></ul>	20 mins	<ul style="list-style-type: none"><li>Students will recognise common pressure tactics and identify strategies for resisting pressure.</li></ul>
R.E.S.P.E.C.T. What it means to me	10 mins	<ul style="list-style-type: none"><li>Students will identify what the concept of respect means to them and with regard to their sexual journey.</li></ul>
<ul style="list-style-type: none"><li>Status Update</li></ul>	20 mins	<ul style="list-style-type: none"><li>Identify strategies for safely managing situations involving alcohol and sexuality.</li></ul>

**Technology**

**Peer Mentoring**