



Resiliency Toolkit – Year 9

<u>Theme</u>	<u>Learning Activities</u>	<u>Duration</u>	<u>Learning Intentions</u>
Alcohol & other Drugs	<ul style="list-style-type: none"> Levels of Intoxication 	15 mins	<ul style="list-style-type: none"> Recognise physical and behavioral signs of alcohol consumption in sexual or social situations.
	<ul style="list-style-type: none"> Alex's First Time & Speak up Alex 	30 mins	<ul style="list-style-type: none"> Identify how alcohol impacts on people's ability to be assertive in sexual situations.
	<ul style="list-style-type: none"> Would you like facts with that? 	15 mins	<ul style="list-style-type: none"> Get participants to share knowledge of alcohol and health using friendly competition.
Healthy Relationships	<ul style="list-style-type: none"> Build a Wall 	15 mins	<ul style="list-style-type: none"> Students will identify the qualities of a healthy friendship and relationship.
	<ul style="list-style-type: none"> Reasons a lot don't 	20 mins	<ul style="list-style-type: none"> Students will describe reasons people have sex and the idea of readiness.
	<ul style="list-style-type: none"> First Date 	10 mins	<ul style="list-style-type: none"> To consider the feelings boys and girls experience before going on a 'first date' and recognise the similarities.
	<ul style="list-style-type: none"> Say How 		

Wellbeing

• Healthy/Unhealthy	10 mins	• Know the difference between passive, aggressive and assertive communication.
	20 mins	• Students will identify how being assertive promotes healthy relationships.
	20 mins	• Identify how being assertive promotes healthy relationships.
• I'm a teenager and proud of it	20 mins	• Identify personal benefits (and challenges) to being a young teenage boy or girl.
• Show me your body (language)	15 mins	• Recognise how nonverbal communication might differ between groups.
• Gender & Music Videos	60 mins	• Identify unfair ideas about gender in music videos.
• That's not Fair!	20 mins	• Identify dominant or stereotypical attitudes and values about the roles of males and females in romantic (and sexual) relationships.

Technology

• Cyber & Social Media	30 mins	• For participants to examine a variety of cyber and social media bullying scenarios. They will discuss who is responsible and how it can be resolved.
• The Online World	30 mins	• For participants to develop their understandings of the online world.

Peer Mentoring

• Where can I go?	30 mins
-------------------	---------