



Resiliency Toolkit – Year 11

<u>Theme</u>	<u>Learning Activities</u>	<u>Duration</u>	<u>Learning Intentions</u>
Alcohol & other Drugs	<ul style="list-style-type: none"> • Completely Agree/Disagree 		
Healthy Relationships	<ul style="list-style-type: none"> • Where does the power lie? 	40 mins	For participants to think about where power lies in different relationships and the behaviours and attitudes attached to taking control.
	<ul style="list-style-type: none"> • Lusty Roundabout 	20 mins	Students will identify that there are lots of different activities that can be fun pleasurable without involving sexual intercourse.
Wellbeing	<ul style="list-style-type: none"> • Yes, Yes, Yes 	20 mins	For participants to explore different kinds of communication and practice acceptance and refusal skills.
	<ul style="list-style-type: none"> • Best Friend/Chief Critic 	30 mins	Participants will gain knowledge about distorted thinking and identify strategies to make change.
	<ul style="list-style-type: none"> • Self-Talk 	30 mins	For participants to develop some self-talk techniques when they are stressed, anxious or feeling low.
	<ul style="list-style-type: none"> • Make a Wellby 		

Technology

Peer Mentoring

	30 mins	For participants to identify impacts on wellbeing (physical & emotional).
• Sexting Scenario's	30 mins	For participants to examine scenarios that question who owns or has rights to images and video once they are communicated to other people.
• My Life in my Hands	45 mins	For participants to develop the idea that they are responsible for their futures. Participants will explore a variety of personal aspirations and begin making plans to work towards these.
• Who is my Support Crew?	10 mins	Students to identify helpful supportive people and/or agencies within their lives.