



# Resiliency Toolkit – Year 12

<u>Theme</u>	<u>Learning Activities</u>	<u>Duration</u>	<u>Learning Intentions</u>
<b>Alcohol &amp; other Drugs</b>	<ul style="list-style-type: none"> <li>Traffic Light Party</li> </ul>	40 mins	<ul style="list-style-type: none"> <li>For participants to explore the concept of safety at parties and how they can help others stay safe.</li> </ul>
	<ul style="list-style-type: none"> <li>Beer Goggles</li> <li>Relationship Audit</li> </ul>	15 mins 15 mins	<ul style="list-style-type: none"> <li>Understand how alcohol affects safe sex practices.</li> <li>For participants to think about the quality of their own friendships and relationship/s.</li> </ul>
<b>Healthy Relationships</b>	<ul style="list-style-type: none"> <li>Enthusiastic Consent</li> </ul>	30 mins	<ul style="list-style-type: none"> <li>Demonstrate knowledge and skills for negotiating consensual sex.</li> </ul>
	<ul style="list-style-type: none"> <li>Hauora or Wellbeing</li> </ul>	45 mins	<ul style="list-style-type: none"> <li>Participants will rate their own well-being and develop a plan to increase well-being across a number of dimensions of health.</li> </ul>
<b>Wellbeing</b>	<ul style="list-style-type: none"> <li>Talking about negatives in a positive way</li> </ul>	45 mins	<ul style="list-style-type: none"> <li>For participants to explore and practice ways to bring up issues that frustrate or annoy them, in constructive ways.</li> </ul>
	<ul style="list-style-type: none"> <li>Looking after ourselves</li> </ul>	60 mins	<ul style="list-style-type: none"> <li>For participants to examine when and why it is appropriate to seek medical help. Participants will look</li> </ul>

**Technology**  
**Peer Mentoring**

			at reasons people choose not to seek medical help and evaluate how to make the best choices for their health.
• We Stepped In	90 mins	For participants to explore the concept of ethical bystanding and how we can all be part of preventing abuse by taking responsibility for change in our communities.	
• Tricky Situations	45 mins	For participants to discuss and practice assertive communication.	