

# Resiliency Toolkit – Year 13

| <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>• Different Experiences</li> </ul>          | 25 mins         | <ul style="list-style-type: none"> <li>• Identify different factors which impact an individual's experience with alcohol.</li> </ul>   |
|                                  | <ul style="list-style-type: none"> <li>• Decision Making &amp; Drug Use</li> </ul> | 60 mins         | <ul style="list-style-type: none"> <li>• For participants to reflect on peer pressure and decision making related to drug use. They will discuss what pressures exist and how they can be challenged.</li> </ul>           |
|                                  | <ul style="list-style-type: none"> <li>• Drugs &amp; our Communities</li> </ul>    | 60-90 mins      | <ul style="list-style-type: none"> <li>• For participants to develop their understanding of the various situations in which people use drugs and the consequences of this use on their lives and relationships.</li> </ul> |
| <b>Healthy Relationships</b>     | <ul style="list-style-type: none"> <li>• Who are You?</li> </ul>                   | 120 mins        | <ul style="list-style-type: none"> <li>• Toolkit for prevention of sexual violence and promoting ethical bystander behaviour.</li> </ul>   |
|                                  | <ul style="list-style-type: none"> <li>• Rights &amp; Responsibilities</li> </ul>  | 15 mins         | <ul style="list-style-type: none"> <li>• Identify rights and responsibilities for people in sexual relationships and where to seek further information about these.</li> </ul>   |
|                                  | <ul style="list-style-type: none"> <li>• Hot Bods</li> </ul>                       | 10 mins         |  |
| <b>Wellbeing</b>                 |  |                 |  |

**Technology**  
**Peer Mentoring**



- Can you believe it?
- Yes I will make a difference

- Identify that the images and content contained in pornography are fictional.
- Participants will begin to understand the impact of being an active participant in their own communities. (RAK'D Cards - Video) [\\*brainstorm ideas](#)