

4 September 2017

Dear Parents/Caregivers

## Health and Physical Wellbeing – Keeping Ourselves Safe

The term three health and physical wellbeing focus is **Keeping Ourselves Safe**.

This programme is about keeping young people safe. Students will consider a range of social risks experienced by young people their age in their community. They will explore how young people can be better prepared to deal with risk scenarios and they will be assisted to develop skills and strategies required in these or similar situations.

Students will be provided with opportunities to share their experiences of feeling at risk, or putting others at risk. They will discuss the need for personal strategies and/ or community strategies to keep themselves and others 'safe'.

Students will learn to identify a range of risks that impact negatively on students' safety. They will be supported to explore these and provide strategies and solutions to keep themselves and their peers safe.

### Achievement Objectives

#### HEALTH AND PHYSICAL EDUCATION, Level 4

##### Interpersonal skills

Describe and demonstrate a range of assertive communication skills and processes that enable them to interact appropriately with other people.

##### Safety management

Access and use information to make and action safe choices in a range of contexts.

##### Rights, responsibilities, and laws; people and the environment

Specify individual responsibilities and take collective action for the care and safety of other people in their school and in the wider community.

##### Community resources

Investigate and/or access a range of community resources that support well-being and evaluate the contribution made by each to the well-being of community members.

Below is an outline of each module that will be covered in this programme.

1. Keeping one step ahead
2. I'm responsible for others too
3. Finding out about abuse
4. Families working together
5. Reporting abuse
6. What happens now?

If you would like further information about this programme please contact your child's teacher or syndicate leader.

Regards

Paul Patterson

Principal