

Activity: 5-6.12.3

Key Messages

- Peers impact on young people's behaviour and choices during puberty.
- This impact may include pressure to conform to a certain image or undertake risky behaviour.
- It is important to have strategies and the skills to assert your own choices and to have trusted adults and/or services which can be part of your support network.

Activity Details

Victorian Curriculum

Health & PE Practise skills to establish and manage relationships
VCHPEP109

Capabilities VCPSCSE025

Time 20 minutes

Levels 5 & 6

Equipment

- plenty of space
- *Visualising success* script

Visualising success

Purpose

To facilitate the development of positive self-image.

To develop assertiveness skills.

To demonstrate the power of positive self-talk.

Teaching notes

This activity helps to relax students. It is an excellent way to discuss the power of positive self-talk and thinking.

Procedure

1. Ask the students to find a space on their own where they can lie down or sit comfortably.
2. Instruct them to close their eyes and be quiet during this activity.
3. Once students are settled, read out the script provided in a clear (but not loud) voice, at a steady, easy pace.
4. Once the visualisation is complete, call the students together to discuss the following:
 - How did you feel about the activity?
 - Does anyone use positive 'self-talk' to deal with difficult or potentially difficult situations?

Please note: This activity can be modified to include other topics of interest to students such as smoking, weight issues, pimples etc.

Adapted from Gourlay, P, White, W and Walsh, R 2001, *Growing up and feeling good: strategies for teaching and learning about puberty*, Family Planning Victoria, Box Hill, Vic.

Visualising success script

Close your eyes...imagine inside your head there is a video camera...In the picture, you see yourself with a group of your friends...They are asking you to do something you don't want to do...Now, imagine yourself saying to them, clearly and firmly 'No thanks, I don't want to..'

Imagine pressing the zoom button on the video camera and zooming in to a close-up of yourself...You say to your friends, clearly and firmly 'No thanks, I don't want to..'

Now, zoom back to the original picture...Your camera has some special effects buttons...You can make the picture brighter and make yourself bigger and brighter than the other people in the picture...Do that now...Make yourself bigger and brighter in the picture...Hear this bigger and brighter you saying clearly 'No thanks, I don't want to..'

How does it feel to be strong and brave and clear?...Imagine how good it feels to be strong and clear, knowing what you want, and saying to your friends, 'No thanks, I don't want to..'

When you are ready, open your eyes, but keep that big, bright picture of yourself in your mind...Next time you're in a situation like that, remember that picture of yourself, and remember being clear, brave and strong and being able to say 'No thanks, I don't want to..'

Script by Graeme Fletcher

Adapted from Gourlay, P, White, W and Walsh, R 2001, *Growing up and feeling good: strategies for teaching and learning about puberty*, Family Planning Victoria, Box Hill, Vic.