

Activity: 3-4.14.1

Key Messages

- Life is always evolving and everyone continues to grow and change throughout their lives.
- It is important to manage these changes and know where to go for assistance and support.
- Life presents dilemmas and the choices we make have consequences.

Activity Details

Victorian Curriculum

Health & PE Describe strategies to make the classroom and playground healthy, safe and active spaces VCHPEP095

Capabilities VCPSCSO024

Time 40 minutes

Levels 3 & 4

Equipment

- What do you? worksheets
- pens

What do you do?

Purpose

To explore the changing role of peers.

To identify coping strategies to deal with peer pressure and other relationship issues.

Teaching notes

It may be useful to revisit the group rules, before this activity, to ensure that students are not discussing specific incidents or individuals.

The dilemmas can also be performed as role-plays.

Procedure

1. Discuss what is meant by a moral dilemma (i.e. being in a difficult situation here both choices of action are equally unpleasant).
2. Ask students if they have ever had to make a difficult decision. Ask them to give you examples (without being too specific or personal, to protect individual privacy).
3. Divide students into small groups.
4. Give each group a dilemma to discuss (see the worksheet included).

Discussion

Students can use these questions to guide their discussion:

- What is the dilemma for the main character?
- What are their choices?
- What are the consequences for each choice?
- Discuss and evaluate the choices.
- What would you do? Why?

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.

What do you do?

Dilemma	What do you do?
<p>Your friends start talking about a girl in your class because she looks more developed than everyone else. They laugh and say she probably has her period and is the only one who does in your year level. You had your first period last week.</p>	
<p>A new boy moves to your school. He is from another country and speaks very little English. You speak the same language as him at home but have never told anyone. You see some kids pretending to teach him English but they are really teaching him swear words. The new boy repeats the words out loud and everyone laughs.</p>	
<p>The most popular girl in the school is having a sleepover party on the weekend and you and your friends have all been invited. Your friends are excited because there is talk that everyone will play 'truth or dare'. You are worried that they might ask you to play and you don't feel comfortable about it.</p>	
<p>You are out in the playground with your friends when one of the Grade 6 boys points to you and says in a big loud voice "You've had sex with Tom!" Everybody laughs.</p>	



What do you do?

Dilemma	What do you do?
<p>Your best friend tells you that they have a crush on an older boy/girl on your tennis team. They ask if it's okay to come along to watch your team play on the weekend. The trouble is, you like that boy/girl too.</p>	
<p>Your parents bought you a mobile phone to use in emergencies. They told you to keep the number private but you gave it to a friend and they have passed it on to everyone in the class. A boy in your class sent you a picture of a naked woman. Other boys in your class keep asking to see it so you haven't deleted it yet. You're pretty sure that someone in your family knows about it.</p>	
<p>Swimming lessons have started again. Last year, you and most of the team got changed together. There was a girl who always got changed in the toilet and the other girls were nasty about it. Things have changed. You now have pubic hair and your breasts have grown and you don't want anyone else to see.</p>	
<p>You are getting your lunch out of your schoolbag when a packet of pads falls out of your bag and drops onto the floor. A child near you sees the pads, picks them up and then starts throwing them around the corridor to others. You don't know what to do.</p>	

