

RELATIONSHIPS & SEXUALITY EDUCATION

A Whole School Approach



Tool 5.a Relationships and Sexuality Program mapped to the Victorian Curriculum HEALTH AND PHYSICAL EDUCATION Foundation - 12

Level	Strand	Sub-Strand	Content Description	Suggested Activities	Suggested Assessment
Foundation	Personal, Social and Community Health	Being healthy, safe and active	Identify personal strengths (VCHPEP057)	Level 1 Learning Sequence 1 When I was a baby Catching on Early 6 p39-43 (Also covers Capabilities VCCCTQ002)	The Catching On Learning Sequences have ideas for formative and summative assessment.
			Name parts of the body and describe how their body is growing and changing (VCHPEP058)	Level 1 Learning Sequence 2 Baby Olympics Catching On Early 6 p44-47 (also covers Capabilities VCPSCSE002) Level 1 Learning Sequence 3 I know my body too. Catching On Early 6 p48-52	
			Identify people and actions that help keep themselves safe and healthy (VCHPEP059)	Level 1 Learning Sequence 5 Whom can we ask for help at school? Catching On Early 6 p57-60 (Also covers Capabilities VCECD003, VCPSCSE010)	
		Communicating and interacting for health and wellbeing	Practise personal and social skills to interact with others (VCHPEP060)	Friendship role plays	
			Identify and describe emotional responses people may experience in different situations (VCHPEP061)	Discuss the difference between emotions and feelings. Make a list of different emotions. Choose an emotion and draw a picture that represents it. Present it to the class.	
		Contributing to healthy and active communities	Identify actions that promote health, safety and wellbeing (VCHPEP062)	Think of 'safe' and 'unsafe' risks that can be taken. E.g. crossing the road without an adult, running really fast through the playground, trying to make a new friend, climbing on the monkey bars. Create flowcharts of possible outcomes. (Also covers Capabilities VCPSCSE003)	
		Levels 1 - 2	Personal, Social and Community Health	Being healthy, safe and active	
Practise strategies they can use when they need help with a task, problem or situation at home and/or at school (VCHPEP073)	Level 2 Learning Sequences 1-6 Catching On Early p62-92 (Also covers Capabilities VCCCTR005 VCPSCSE009 VCPSCSE010 VCPSCSO012, VCPSCSO013 VCPSCSO015)				
Communicating and interacting for health and wellbeing				Describe ways to include others to make them feel that they belong (VCHPEP075)	
				Identify and practise emotional responses that account for own and others' feelings (VCHPEP076)	
Contributing to healthy and active communities	Explore actions that help make the classroom a healthy, safe and active place (VCHPEP078)				
3-4	Personal, Social and Community	Being healthy, safe and active	Examine how success, challenge	A different view of me 3-4 2.1 (Also covers Capabilities	AusVELS Levels3-4 formative



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	Health		and failure strengthen personal identities (VCHPEP088)	VCPSCSE017) Then and now 3-4 13.4 (Also covers Capabilities VCPSCSE018)	assessment 1 – Changing me - Tools for teachers: Primary pg 97 Self-evaluation activity 3-6 Tools for teachers: Primary p122 AusVELS Levels3-4 summative assessment 1 – Keeping Safe - Tools for teachers: Primary pg 99 AusVELS Levels3-4 summative assessment 2– Ella’s horrible day: Self-worth -Tools for teachers: Primary pg 103 Self-evaluation activity 3-6 Tools for teachers: Primary p122			
			Explore strategies to manage physical, social and emotional change (VCHPEP089)	Timeline of human growth and development 3-4 7.1 They tell me this is puberty 3-4 11.1 (Also covers Capabilities VCPSCSE018) Doris and Boris 3-4 8.2 True or False 3-4 8.4 Mummy laid an egg! 3-4.9.1 Sometimes people need help to make a baby (VARTA) Lesson 3 (Also covers Capabilities VCECD008)				
			Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe (VCHPEP090)	Welcome with a kiss 3-4 3.3 (Also covers Capabilities VCECU004) Early warning signals 3-4 4.1 (Also covers Capabilities VCCCTQ011) These are the people who can 3-4.5.4 (Also covers Capabilities VCICCB006) Family Constellations (VARTA lesson 2) (Also covers Capabilities VCICCB005)				
			Identify and practise strategies to promote health, safety and wellbeing (VCHPEP091)	Relationship circles. 3-4 13.3 Tell or don’t tell 3-4 5.1 (Also covers Capabilities VCCCTR015, VCCCTM020)				
		Communicating and interacting for health and wellbeing	Describe factors that can positively influence relationships and personal wellbeing (VCHPEP092)	Are you someone who...? 3-4 13.2 Level 3 Learning Sequence 5 Qualities of friendship Catching On Early p125-128 (Also covers Capabilities VCPSCSO024)				
			Investigate how emotional responses vary in family situations and in friendship groups (VCHPEP093)	Chug Chug 3-4.6.1 (Also covers Capabilities VCCCTR014) Under the influence 3-4 6.2 (Also covers Capabilities VCECD008)				
			Discuss and interpret health information and messages in the media (VCHPEP094)	Network hand of helping people 3-4.4.2 (Also covers Capabilities VCCCTQ011) Level 3 Learning Sequence 1 About bodies: Getting Information From The Right Places Catching on Early p 96				
		Contributing to healthy and active communities	Describe strategies to make the classroom and playground healthy, safe and active spaces (VCHPEP095)	What do you do? 3-4 14.1 (Also covers Capabilities VCCCTM020, VCPSCSO024)				
		Levels 5 - 6	Personal, Social and Community Health	Being healthy, safe and active		Explore how identities are influenced by people and places (VCHPEP105)	Every picture tells a story 5-6 2.2 (Also covers Capabilities VCCCTR024, VCPSCSO029) Stories about peer pressure 5-6 12.1 (Also covers Capabilities VCPSCSE027)	Sex ed quiz 5-6 15.1 Levels 5-6 formative assessment 1– Choosing well-Tools for teachers: Primary pg 108 Self-evaluation activity 3-6 Tools for teachers: Primary p122 Levels 5-6 formative assessment 2– Being male, being female:
						Investigate resources to manage changes and transitions associated with puberty (VCHPEP106)	Interview with a puberty survivor 5-6.8.3 (also covers Capabilities VCICCB009) Explanation of menstruation 3-4.12.1 Investigating sanitary products 5-6 9.3 Common concerns about the changing body and mind 5-6.10.1	



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			<p>Puberty Statements 5-6.8.1 (Also covers Capabilities VCCCTR025)</p> <p>Naming it right 5-6.3.1 Male and female reproductive body parts 5-6 3.2 Reproductive bingo 5-6 4.1 Ways to conceive – when you need medical help to conceive (VARTA) Lesson 6</p>	<p>gender stereotypes -Tools for teachers: Primary pg 116</p> <p>Levels 5-6 summative assessment 1– Troubled teen: Producing a health plan -Tools for teachers: Primary pg 117</p>
		Investigate community resources and strategies to seek help about health, safety and wellbeing (VCHPEP107)	<p>Network hand of helping people 5-6.12.2</p> <p>Level 4 Learning Sequence 4 Coping with body changes Catching on Early p154-155</p>	<p>Levels 5-6 summative assessment 2– Cartoon capers: Resilience and persistence -Tools for teachers: Primary pg 120</p>
	Communicating and interacting for health and wellbeing	Practise skills to establish and manage relationships (VCHPEP109)	<p>Visualising success 5-6 12.3</p> <p>How do you know someone likes you? 5-6 14.1 (Also covers Capabilities VCICCB009)</p> <p>Intimacy scale 5-6 14.2 (Also covers Capabilities VCPSCSO031)</p>	<p>Self-evaluation activity 3-6 Tools for teachers: Primary p122</p>
		Examine the influence of emotional responses on behaviour, relationships and health and wellbeing (VCHPEP110)	<p>Embarrassing situations 5-6.10.2 (Also covers Capabilities VCECU010, VCCCTM031)</p> <p>Dear teen doctor 5-6.11.1 (Also covers Capabilities VCCCTM031)</p>	
		Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours (VCHPEP111)	<p>Forgive or forget 5-6 13.3 (Also covers Capabilities VCPSCSO031)</p> <p>Explore stereotypes: discuss what stereotypes are. Analyse famous fairy tales identify any stereotypes. Write a new fairy tale that opposes stereotypes.</p>	
		Contributing to healthy and active communities	<p>Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (VCHPEP112)</p>	
		Investigate how celebrating similarities and differences can strengthen communities (VCHPEP114)	<p>Forced choice 5-6 2.1 (Also covers Capabilities VCECD013, VCPSCSO030)</p> <p>How would you feel? 5-6 13.2 (Also covers Capabilities VCPSCSE025)</p> <p>Sexuality collage 5-6 1.1 (Also covers Capabilities VCECU010)</p>	



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Level	Strand	Sub-Strand	Content Description	Suggested Activities	Suggested Assessment
Level 7 - 8	Personal, Social and Community Health	Being healthy, safe and active	Investigate the impact of transition and change on identities (VCHPEP123)	Big I, Little I 7-8.1.3 (Also covers Capabilities VCPSCSO038) Helpful and un helpful thinking 7-8 5.2 (Also covers Capabilities VCPSCSO042) Relationship timeline 7-8.8.1 What do you think? 7-8.12.3 (Also covers Capabilities VCICCD016)	Reproduction Questionnaire 7-8.2.3 Sexual Health Services Summative Assessment 7-8 p234 The pregnancy challenge 7-8.13.3 Formative assessment 1 The beach party: Sexual decision making Tools for Teachers Secondary p109 Self-evaluation activity 1 Tools for Teachers Secondary p129
			Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)	Puberty Statements 7-8.3.1 (Also covers Capabilities VCPSCSE034) Dear teen doctor 7-8.4.1 (Also covers Capabilities VCCCTQ033, VCCCTQ034) Jump up game 7-8.2.1 Intimacy scale 7-8.8.2 (Also covers Capabilities VCECD017) Telling it Your Way (VARTA lesson 8)	
			Examine barriers to seeking support and evaluate strategies to overcome these (VCHPEP125)	Friendship scenarios 7-8.6.2 (Also covers Capabilities VCPSCSE037) Take a walk in my shoes 7-8.12.1 (Also covers Capabilities VCICCD015) How would you feel? 7-8.5.1 (Also covers Capabilities VCCCTR038)	
			Investigate and select strategies to promote health, safety and wellbeing (VCHPEP126)	Ways to say no 7-8.11.3 (Also covers Capabilities Forgive or forget 7-8.9.2 (Also covers Capabilities	
		Communicating and interacting for health and wellbeing	Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127)	Under the influence 7-8.10.1 (Also covers Capabilities Thinking, feeling, acting 7-8.1.5 (Also covers Capabilities Collapsing friendships 7-8.6.1 (Also covers Capabilities	
			Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)	Values wheel 7-8.1.2 (Also covers Capabilities VCECU014) Giving relationships the green light 7-8.11.1 Forced choice 7-8.9.1 (Also covers Capabilities VCCCTM040)	
			Develop skills to evaluate health information and express health concerns (VCHPEP129)	Network hand of helping people and places 7-8.4.2	
		Contributing to healthy and active communities	Plan and use strategies and resources to enhance the health, safety and wellbeing of their	Contraception kit 7-8.13.1 Predicting pregnancy 7-8.13.2 Condom sequencing 7-8.14.2	



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			communities (VCHPEP130)	Dear Fertility Doctor (VARTA lesson 7) (Also covers Capabilities VCCCTM042)	
			Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)	In my opinion 7-8.6.3 (Also covers Capabilities VCICCB013) Stepping Out 7-8.12.2 (Also covers Capabilities VCICCB014)	
Levels 9 - 10	Personal, Social and Community Health	Being healthy, safe and active	Evaluate factors that shape identities, and analyse how individuals impact the identities of others (VCHPEP142)	Singing between the lines 9-10.1.2 (Also covers Capabilities VCCCTM051) Gender stem statements 9-10.7.1 (Also covers Capabilities VCICCD019) Diverse Modern Families (VARTA lesson 12) (Also covers Capabilities VCICCB017) Home interview: Dating 9-10.11.3 (Also covers Capabilities VCICCD020)	9-10 formative assessment 1 Relationships: Sorting them out Tools for Teachers Secondary p119 7-10 Self-evaluation activity 1 Tools for Teachers Secondary p129
			Examine the impact of changes and transitions on relationships (VCHPEP143)	What is a healthy relationship? 9-10.8.2 (Also covers Capabilities VCPSCSO049)	Reproductive health checks/actions 9-10.2.2 Investigating policies and practices 9-10.12.5
			Plan, rehearse and evaluate options (including CPR and first aid) for managing situations where their own or others' health, safety and wellbeing may be at risk (VCHPEP144)	Intimacy scale 9-10.11.2 (Also covers Capabilities VCCCTQ044) Sexual continuum 9-10.9.1 (Also covers Capabilities VCECD022) Dear Dr. Love 9-10.10.4 (Also covers Capabilities VCCCTQ043, VCPSCSE043) What's the harm? 9-10.14.1 (Also covers Capabilities VCCCTR047)	9-10 summative assessment 1 Choice and chance: Sexual decision-making Tools for Teachers Secondary p121
			Identify and critique the accessibility and effectiveness of support services based in the community that impact on the ability to make healthy and safe choices (VCHPEP145)	Party Risk taking 9-10.15.2 (Also covers Capabilities VCPSCSO051) Choosing values 9-10.12.1 (Also covers Capabilities VCPSCSO048) Okay or Not Okay? 9-10.13.1 (Also covers Capabilities VCCCTR046)	
			Communicating and interacting for health and wellbeing	Investigate how empathy and ethical decision-making contribute to respectful relationships (VCHPEP146)	First experiences of sex 9-10.5.2 (Also covers Capabilities VCECU019) Phil and Cindy 9-10.9.2 (Also covers Capabilities VCCCTQ045) The porn industry 9-10.14.2
		Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses to health and wellbeing (VCHPEP147)	Rate the risk: technology, safety and young people 9-10.5.3 (Also covers Capabilities VCECU019) Stepping out-partying 9-10.15.1 (Also covers Capabilities VCECU020) Katie and David 9-10.8.4 (Also covers Capabilities VCECD023) Warning signals 9-10.9.3 (Also covers Capabilities VCECU021)		
		Evaluate health information from a range of sources and apply to health decisions and situations (VCHPEP148)	Fertility facts 9-10.2.1 Fertility optimisation (VARTA lesson 10)		



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				<p>Matching contraception 9-10.3.3</p> <p>Overview of STI's 9-10.4.2</p> <p>Mixing the fluids 9-10.4.1</p> <p>Condom practice 9-10 4.3</p>	
		Contributing to healthy and active communities	Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities (VCHPEP149)	Hear, see, feel 9-10.6.1 (Also covers Capabilities VCPSCSO051)	
			Plan and evaluate new and creative interventions that promote their own and others' connection to community and natural and built environments (VCHPEP150)	<p>Local health services 9-10.16.1</p> <p>Who would you go to 9-10.16.2</p>	
			Critique behaviours and contextual factors that influence the health and wellbeing of their communities (VCHPEP151)	<p>Different stories 9-10.1.3 (Also covers Capabilities VCICCB018)</p> <p>Being a trans man 9-10.12.2</p>	
VCE levels			<p>Values and Beliefs: Personal identity and values Influence of family and peers Respect for differing values and belief held in local, national and global contexts</p> <p>Relationships: Positive relationships Roles and responsibilities in sexual relationships Sexual and gender diversity Sexuality, gender and power Skill and strategies to prevent and resolve conflict Sex and the law, media and community attitudes Intimacy desire and arousal</p> <p>Sexual Health: Safer sex, abstinence, contraception and prevention of STI's Reproductive health Accessing health care Sexual decision making</p>	<p>Values and Beliefs: Binary thinking 9-10.12.3 Living with HIV/AIDS 9-10.6.2 Man in a Box 9-10.7.2</p> <p>Relationships: Relationship statements 9-10.8.3 Respectful relationships 9-10.10.3 Love and sex 9-10.11.1 What's going on? 9-10.10.2</p> <p>Sexual Health: Condom practice 9-10.4.3 A spider web of STIs 9-10.4.4 Accessing sexual health services 9-10.16.3</p>	Self-evaluation activity 1 Tools for Teachers Secondary p129

