

2019 RELATIONSHIPS AND SEXUAL HEALTH YEAR 10 PROGRAM

The 2019 SHINE SA Digital File contains various resources including the Year 10 Program PowerPoint

LESSON		FOCUS	LEARNING INTENTIONS	RESOURCES
1	<p>GROUP NORMS p16 KS:CPC</p> <p>SEXUAL HEALTH DEFINITION p18</p>	<ul style="list-style-type: none"> • Group norms • Mandatory notification responsibility of the teacher • Talking with family • Overview of course • Definition of sexual health 	<ul style="list-style-type: none"> • Feel confident that a safe and supportive environment is established • Contribute to the development of the program • Develop an appreciation of the need for learning in this area • Explore the concept of sexual health and what this means for young people 	<p><i>Sexual Health Statement cards</i></p> <p><i>Relationships And Sexual Health Issue cards</i></p> <p>Short video: <i>Partying And Consent</i> (from SHINE SA)</p>
2	<p>GENDER EQUALITY p26</p>	<ul style="list-style-type: none"> • Gender equality • Harms of lack of gender equality • Benefits of gender equality 	<ul style="list-style-type: none"> • Develop an understanding of the meaning of gender equality • Explore the status of gender equality in society • Consider the impact of a lack of gender equality • Consider strategies to strive for greater gender equality 	<p>2 sets of <i>Community Culture cards</i></p>
3	<p>EXPLORING POWER p35 KS:CPC</p>	<ul style="list-style-type: none"> • Revise the meaning of power • Impact of power in social situations and personal experiences 	<ul style="list-style-type: none"> • Understand the impact of power in relationships and in particular as it relates to rights and responsibilities 	<p><i>Power Stem Statements worksheet</i></p> <p>Short video : <i>Trusted Moments</i> (from Legal Services Commission of SA)</p>

2019 RELATIONSHIPS AND SEXUAL HEALTH YEAR 10 PROGRAM				
The 2019 SHINE SA Digital File contains various resources including the Year 10 Program PowerPoint				
LESSON	FOCUS	LEARNING INTENTIONS	RESOURCES	
4	GENDER IN INTIMATE RELATIONSHIPS p37 KS:CPC	<ul style="list-style-type: none"> Harm of assumptions associated with being male or female Impact on sexual relationships and consent to sexual activity 	<ul style="list-style-type: none"> Develop an understanding that the assumptions men and women make in relation to sexual activity in relationships may be different and without communication can be harmful Develop confidence to speak up for what they do and don't want 	<i>Sexual Behaviour Scenarios</i> <i>Gendered Assumption Questions</i> <i>Gendered Assumption cards</i>
5	IMPACT OF SOCIAL MEDIA p43 KS:CPC	<ul style="list-style-type: none"> Raise awareness of the negative impact of sexualised images used in social media View positive images of sexuality and sexual equality 	<ul style="list-style-type: none"> Describe the influence and impact of sexualised images, lack of equality and stereotypes portrayed of women and men in social media 	<i>#ChallengeAccepted</i> images by Celeste Barber Short videos: <i>The "Perfect" Body</i> and <i>Get The Facts – Sex And The Media</i>
6	DIVERSITY OF SEXUAL ATTRACTION p46	<ul style="list-style-type: none"> Understand terms associated with diversity of sexuality Dispel myths Harassment/discrimination is not about homosexuality but the way people who are perceived to be different are treated 	<ul style="list-style-type: none"> Explore diversity of sexual attraction Develop an understanding of the harms of homophobia and heterosexism Build confidence and skills to challenge homophobia 	DVD: 6, Story 3 Short videos: <i>All Of Us: Michael's Video</i> and <i>Jason Ball – Free To Be Me</i> <i>Diversity Of Sexual Attraction Scenarios</i> <i>Diversity Of Sexual Attraction Questions</i> <i>Understanding Diversity Of Sexual Attraction</i>

2019 RELATIONSHIPS AND SEXUAL HEALTH YEAR 10 PROGRAM

The 2019 SHINE SA Digital File contains various resources including the Year 10 Program PowerPoint

LESSON	FOCUS	LEARNING INTENTIONS	RESOURCES
7	<p>PRACTICAL INFORMATION ABOUT STIs p55</p> <ul style="list-style-type: none"> Revision of common STIs, BBVs and how they are transmitted, symptoms and what to do if you think you have one, with particular reference to Herpes 	<ul style="list-style-type: none"> Gain knowledge of common STIs, particularly Herpes Develop understanding of impact on their health of STIs Build confidence and skills to protect themselves 	<p>Short video: <i>Herpes – The Secret is Out</i></p>
8	<p>CONTRACEPTIVE METHODS p63</p> <ul style="list-style-type: none"> Revise contraceptive methods, how they work, their advantages and disadvantages and what is most suitable for young people Impact of values on choice 	<ul style="list-style-type: none"> Develop an understanding of contraception and which choices are most suitable for young people Discover where to access contraception 	<p><i>Contraceptive Kit</i> <i>Body Talk Charts</i></p>
9	<p>IF I WERE BEN – UNPLANNED PREGNANCY p73</p> <ul style="list-style-type: none"> Impact of an unplanned pregnancy Stress in making a decision on possible options: <ul style="list-style-type: none"> Abortion Adoption Parenting Consequences of each 	<ul style="list-style-type: none"> Appreciate the difficulty and stress of an unplanned pregnancy Learn about options available when dealing with an unplanned pregnancy Explore support services 	<p>Short video: <i>If I Were Ben</i> (from SHINE SA)</p>

2019 RELATIONSHIPS AND SEXUAL HEALTH YEAR 10 PROGRAM				
The 2019 SHINE SA Digital File contains various resources including the Year 10 Program PowerPoint				
LESSON	FOCUS	LEARNING INTENTIONS	RESOURCES	
10	ABUSE OF POWER IN INTIMATE RELATIONSHIPS p76 KS:CPC	<ul style="list-style-type: none"> • Types of abuse in an intimate relationship • Harms of abusive relationships • Early warning signs of an abusive relationship • Support available 	<ul style="list-style-type: none"> • Develop an understanding of the types of abuse in relationships • Learn that abuse is not OK • Recognise the early warning signs of an abusive relationship, including gut instinct that the relationship is not OK • Explore support services 	Short video: <i>Love Control</i> (from SHINE SA) Short videos: <i>Alice & Dave</i> and <i>Scott & Reilly</i> (from SHINE SA)
11	RESPECTFUL RELATIONSHIPS CONTINUUM p79 KS:CPC	<ul style="list-style-type: none"> • What respectful and disrespectful relationships look like • Feelings associated with respectful and disrespectful relationships • How to manage behaviours in a relationship that indicate disrespect 	<ul style="list-style-type: none"> • Build an understanding of what respectful and disrespectful relationships look and feel like • Identify behaviours of a disrespectful relationship • Develop skills to build respectful relationships • Develop skills to challenge disrespectful relationships 	<i>Respectful, Disrespectful</i> cards <i>Situation</i> cards
12	RESPONSIBILITY AND VULNERABILITY p84 KS:CPC	<ul style="list-style-type: none"> • Responsibility • Vulnerability • Power dynamics • Importance of these concepts in negotiating consent 	<ul style="list-style-type: none"> • Develop an understanding of the concepts of vulnerability and responsibility as they relate to dynamics within relationships and decision making around sexual activity • Learn about how to reduce the risk of violence within relationships • Explore support services 	<i>Responsibility And Vulnerability Scenarios</i>

2019 RELATIONSHIPS AND SEXUAL HEALTH YEAR 10 PROGRAM

The 2019 SHINE SA Digital File contains various resources including the Year 10 Program PowerPoint

LESSON		FOCUS	LEARNING INTENTIONS	RESOURCES
13	<p>WHAT DO YOU RECKON? p96 KS:CPC</p>	<ul style="list-style-type: none"> Students explore situations where drugs and alcohol may affect decisions around sexual activity, and ways to reduce the harm 	<ul style="list-style-type: none"> Explore the potential harm in social situations of engaging in sexual activity and using drugs and alcohol Explore a range of situations and identify level of risk involved. Develop strategies to deal with such situations to reduce harm 	<p>Activity cards <i>Safe, Unsafe, Safe Only If</i> cards</p>
14	<p>WHERE TO GO FOR HELP p108 KS:CPC</p>	<ul style="list-style-type: none"> Who to talk to How to talk to someone Parents are often a good support 	<ul style="list-style-type: none"> Identify support sources, particularly family Build skills to talk to others about sensitive issues 	<p><i>Where To Go For Advice Or Help</i> worksheet <i>Where To Go For Help Scenarios</i> YouTube clip appropriate for your cohort</p>
15	<p>CRITICAL HEALTH LITERACY p114 EVALUATION OF COURSE p117</p>	<ul style="list-style-type: none"> Reliability and fairness/impartiality of information sources 	<ul style="list-style-type: none"> Develop an understanding of how to be critical of sources of health information Learn that some sources of information could be biased or unreliable 	<p><i>Developing Critical Health Literacy Skills</i> worksheet Computer/internet access Surveys provided</p>