

Relationships and Sexuality Teaching Material Cheat Sheet



Foundations

This guide is intended to support Victorian teachers in quickly identifying appropriate third-party relationships and sexuality (RSE) teaching resources, be they stand alone activities or complete lesson plans. This guide is not a replacement for Catching On, the Resilience, Rights and Respectful Relationships learning materials, or other resource published by DoE. It provides teachers with streamlined support to tailor programs and lesson plans to the diverse needs of students and classrooms.

The teaching resources linked below have been drawn from reputable Australian and International sources and have been organised under the Victorian curriculum content descriptions with which they are aligned. Some of these resources have been developed to align directly with the Victorian Curriculum, while others have been identified as appropriate matches by CERSH.

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Personal, Social and Community Health

Being healthy, safe and active

Content descriptions under the Being Healthy, Safe and Active sub heading with elaborations featuring the RS tag are:

Identify personal strengths - VCHPEP057

identifying ways they can use their strengths to help themselves and others	GDHR Western Australia Likes and strengths
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Name parts of the body and describe how their body is growing and changing - VCHPEP058

recognising how bodies grow and change over time	Sexual Health Victoria Baby Olympics Robot Buddy GDHR Western Australia Bodies - similarities and differences
recording and mapping growth on individual and group growth charts or constructing a class height line	
identifying and labelling private parts of the body and understanding the contexts in which body parts should be kept private	Sexual Health Victoria What are the parts of the body called? GDHR Western Australia My body inside and out Bodies - similarities and differences Public vs private body parts

Identify people and actions that help keep themselves safe and healthy - VCHPEP059

identifying characters in different texts who help the main character to stay safe and healthy	
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<p>identifying different relationships they have with people and which of these relationships make them feel loved, safe and supported</p>	<p>eSafety Commissioner Investigating the truth</p> <p>GDHR Western Australia Trusted adults</p>
<p>naming trusted people in their community who can help them stay safe and healthy, and practising ways of asking for help in a range of different scenarios</p>	<p>Sexual Health Victoria Who can we go to when we need help at school?</p> <p>eSafety Commissioner ask for help</p>

Communicating and Interacting for Health and Wellbeing

Content descriptions under the Being Healthy, Safe and Active sub heading with elaborations featuring the RS tag are:

Practise personal and social skills to interact with others - VCHPEP060

<p>respond to stories about characters who have been excluded from a group and discuss how the character could deal with the situation</p>	
<p>practising personal skills such as expressing needs, wants and feelings, active listening and showing self-discipline to be an effective group member at home and at school</p>	<p>GDHR Western Australia Identifying feelings</p>

Contributing to healthy and active communities

Content descriptions under the Contributing to healthy and active communities sub heading with elaborations featuring the RS tag are:

Identify actions that promote health, safety and wellbeing - VCHPEP062

<p>recognising that being kind, fair and respectful to others can support class health and wellbeing</p>	<p>GDHR Western Australia Being a good friend</p> <p>eSafety Commissioner Role-play respect online</p>
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Movement and Physical Activity

Learning through movement

Content descriptions under the Learning through movement sub heading with elaborations featuring the RS tag are:

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Cooperate with others when participating in physical activities - VCHPEM068

working with a partner or small group to complete a movement task or challenge	
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Stage 1-2

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Personal, Social and Community Health

Being healthy, safe and active

Content descriptions under the Being Healthy, Safe and Active sub heading with elaborations featuring the RS tag are:

Describe physical and social changes that occur as children grow older and discuss how family and community acknowledge these - VCHPEP072

describing changes in their physical appearance now compared to when they were younger	<p>Sexual Health Victoria Theres a name for that</p> <p>GDHR Western Australia My milestones - birth to now We are all different</p>
identifying and describing significant relationships in their lives and how these have evolved or changed over time	<p>Sexual Health Victoria Family Circles</p> <p>GDHR Western Australia Families may change Managing family change</p>
discussing ways families and cultural groups acknowledge and celebrate major stages of development	
discussing tasks they are allowed to do by themselves and explaining how these have changed since they were younger	<p>GDHR Western Australia My strengths can change over time Our own firsts: Personal achievements</p>

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Communicating and Interacting for Health and Wellbeing

Content descriptions under the Being Healthy, Safe and Active sub heading with elaborations featuring the RS tag are:

Describe ways to include others to make them feel that they belong - VCHPEP075

identifying and appreciating similarities and differences in people and groups	Sexual Health Victoria Teaching social rules
exploring how people feel when they are included and excluded from groups and activities	Sexual Health Victoria Fingerprints
demonstrating appropriate language when encouraging others at home and at school	Sexual Health Victoria Teaching social rules GDHR Western Australia Appreciating friendships
demonstrating how to include others in physical activities when completing movement tasks or practising for performance	Sexual Health Victoria Fingerprints Teaching social rules GDHR Western Australia Good playing skills
expressing appreciation and offering encouragement using a variety of communication techniques	Sexual Health Victoria Teaching social rules

Identify and practise emotional responses that account for own and others' feelings - VCHPEP076

identifying the body's reaction to a range of situations, including safe and unsafe situations, and comparing the different emotional responses	Sexual Health Victoria Body feelings (Early warning signals - EWS) GDHR Western Australia Feelings, body signals and positive coping strategies Consent for touch (hugs)
predicting how a person or character might be feeling based on the words they use, their facial expressions and body language	Sexual Health Victoria Body feelings (Early warning signals - EWS) GDHR Western Australia Reading emotions in others
understanding how a person's reaction to a situation can affect others' feelings	GDHR Western Australia Reading emotions in others

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Contributing to healthy and active communities

Content descriptions under the Contributing to healthy and active communities sub heading with elaborations featuring the RS tag are:

Explore actions that help make the classroom a healthy, safe and active place - VCHPEP078

exploring sustainable practices that students can implement in the classroom to improve the health and wellbeing of the classroom	
explaining and demonstrating how being fair and respectful contributes to class health and wellbeing	

Movement and Physical Activity

Learning through movement

Content descriptions under the Learning through movement sub heading with elaborations featuring the RS tag are:

Use strategies to work in group situations when participating in physical activities - VCHPEM085

working cooperatively with a partner when practising new skills	
describing and demonstrating how to include others in physical activity	
suggesting and trialling how a game can be changed so that everyone can be involved	

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Stage 3-4

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Personal, Social and Community Health

Being healthy, safe and active

Content descriptions under the Being Healthy, Safe and Active sub heading with elaborations featuring the RS tag are:

Examine how success, challenge and failure strengthen personal identities - VCHPEP088

<p>suggesting ways to respond positively to challenges and failure, such as using self-talk, early help-seeking behaviours, and optimistic thinking</p>	<p>GDHR Western Australia Resilience Responding to challenging situations</p>
<p>persisting with new activities and examining how success through persistence can have positive outcomes and strengthen identities</p>	<p>GDHR Western Australia My life from birth to now</p>

Explore strategies to manage physical, social and emotional change (VCHPEP089)

<p>discussing physical, social and emotional changes that occur as individuals get older, and exploring how these changes impact on how they think and feel about themselves and different situations</p>	<p>Sexual Health Victoria Where Willy Went! Timeline of human growth and development They tell me this is puberty Sexual and reproductive body parts Pregnancy and birth timeline Menstrual Cycle Doris and Boris Autograph Hunt</p> <p>GDHR Western Australia Strategies to manage change</p>
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	<p>Teaching Sexual Health Canada Lesson 1: Puberty Changes Lesson 2: Coping With Puberty</p>
exploring how friendships change as they grow older and identifying strategies to manage change	<p>GDHR Western Australia Dealing with disagreements</p>
identifying people or sources of information that they can access if they have questions about the changes that are occurring	

Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe (VCHPEP090)

rehearsing assertive behaviours and strong non-verbal communication skills	<p>Sexual Health Victoria Welcome with a kiss Tell or don't tell? Early Warning Signals</p> <p>GDHR Western Australia Consent - sharing photos</p>
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Communicating and Interacting for Health and Wellbeing

Content descriptions under the Being Healthy, Safe and Active sub heading with elaborations featuring the RS tag are:

Describe factors that can positively influence relationships and personal wellbeing (VCHPEP092)

describing behaviours that show empathy and respect for the rights of others at home, at school and in the community	<p>GDHR Western Australia Building respectful relationships</p>
creating an online connection with another school and identifying similarities and differences between students	<p>GDHR Western Australia Online vs face-to-face communication</p> <p>eSafety Commissioner Online boundaries and consent</p>
predicting and reflecting on how other students might feel in a range of challenging situations, and discussing what they can do to support them	
recognising that bullying behaviour can take many forms, in many environments, including physical, social and emotional actions and behaviours	<p>GDHR Western Australia Dealing with disagreements Self-protecting against bullying How to help someone being bullied Understanding discrimination</p>

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Investigate how emotional responses vary in family situations and in friendship groups - VCHPEP093

recognising own emotional responses and levels of their response in different situations, including home and at school	Sexual Health Victoria Conversation Circles
understanding that emotional responses vary across cultures and differ between people and different situations	Sexual Health Victoria Conversation Circles GDHR Western Australia Managing emotions Self-protecting against bullying
analysing scenarios and identifying possible triggers and warning signs to predict emotional responses	Sexual Health Victoria Early Warning Signals
describing strategies they can use to identify and manage their emotions before making a decision to act	GDHR Western Australia Managing emotions Self-protecting against bullying

Discuss and interpret health information and messages in the media - VCHPEP094

accessing different sources of health information and examining the accuracy of these sources	eSafety Commissioner Being safe online - Easy Read
examining health messages from different sources and exploring choices, behaviours and outcomes conveyed in these messages	GDHR Western Australia Messages about body image

Contributing to healthy and active communities

Content descriptions under the Contributing to healthy and active communities sub heading with elaborations featuring the RS tag are:

Describe strategies to make the classroom and playground healthy, safe and active spaces - VCHPEP095

creating promotional posters to display around the school containing positive health and physical activity messages	
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Movement and Physical Activity

Moving the body

Content descriptions under the Learning through movement sub heading with elaborations featuring the RS tag are,

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Practise and apply movement concepts and strategies - VCHPEM099

participating in physical activities which require problem-solving to achieve a goal	
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Learning through movement

Content descriptions under the Learning through movement sub heading with elaborations featuring the RS tag are:

Adopt inclusive practices when participating in physical activities - VCHPEM102

using cooperative skills to complete a movement task, such as a partner balance, partner passing strategy or team strategy	
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working cooperatively with team members to maintain possession in a game by passing to other players and listening to team-mates	
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modifying physical activities to ensure that everyone is included, such as changing equipment, rules or playing space	
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Stage 5-6

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Personal, Social and Community Health

Being healthy, safe and active

Content descriptions under the Being Healthy, Safe and Active sub heading with elaborations featuring the RS tag are:

Explore how identities are influenced by people and places - VCHPEP105

recognising how individual personalities and teamwork contribute to achieving success in physical activities	GDHR Western Australia Peer influence
exploring how personal and cultural identities change over time	GDHR Western Australia Changes in relationships Understanding influences on behaviour Peer influence
investigating how personal and cultural identities are influenced by the groups and communities to which we belong and the places to which we feel connected	GDHR Western Australia Changes in relationships Understanding influences on behaviour
exploring how family, peers and the media influence how individuals interact in given situations	Sexual Health Victoria To Share, or Not To Share GDHR Western Australia Understanding influences on behaviour

Investigate resources to manage changes and transitions associated with puberty - VCHPEP106

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<p>understanding that individuals experience changes associated with puberty at different times, with differing levels of intensity and with different responses</p>	<p>Sexual Health Victoria Puberty Changes Anatomy snap Common concerns about the changing body Explanation of menstruation Puberty Homework Handouts Puberty statements Reproductive bingo Reproductive body parts</p> <p>GDHR Western Australia Reproductive systems Body changes during puberty Taking care of your body during puberty Puberty - Managing change and transition Reproductive systems revision</p>
<p>researching and identifying age-appropriate text and web-based resources to enhance understanding of changes associated with puberty</p>	<p>Sexual Health Victoria Mummy Laid An Egg! Puberty Taboo Words Puberty Homework Handouts</p> <p>GDHR Western Australia Reproductive systems</p>
<p>examining the range of products available to manage the physical changes associated with puberty</p>	<p>Sexual Health Victoria Puberty Homework Handouts</p> <p>GDHR Western Australia Puberty kits</p>

Investigate community resources and strategies to seek help about health, safety and wellbeing - VCHPEP107

<p>researching health information sources and places where they can seek help</p>	<p>GDHR Western Australia Safety first Analysing health related websites and apps</p>
<p>applying criteria to online information to assess the credibility of the information</p>	<p>GDHR Western Australia Safety first Analysing health related websites and apps</p> <p>eSafety Commissioner Privacy and security</p>
<p>creating ways to share information about local services young people can access for help, such as a blog, app or advertisement</p>	

Communicating and Interacting for Health and Wellbeing

Content descriptions under the Being Healthy, Safe and Active sub heading with

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elaborations featuring the RS tag are:

Practise skills to establish and manage relationships - VCHPEP109

exploring reasons why relationships may change, such as starting a new school, changing priorities or interests, family break-up, or joining a new sports team	<p>Sexual Health Victoria Forgive or forget</p> <p>GDHR Western Australia Changes in relationships Understanding influences on behaviour Peer influence</p>
assessing the impact of different relationships on personal health and wellbeing	<p>GDHR Western Australia Changes in relationships Understanding influences on behaviour Peer influence</p>
proposing strategies for managing the changing nature of relationships, including dealing with bullying, violence and harassment and building new friendships	<p>Sexual Health Victoria Forgive or forget</p> <p>GDHR Western Australia Changes in relationships Understanding influences on behaviour Peer influence</p> <p>eSafety Commissioner Online boundaries and consent Online friends and strangers</p>

Examine the influence of emotional responses on behaviour, relationships and health and wellbeing - VCHPEP110

analysing situations in which emotions can influence decision making, including in peer-group, family and movement situations	<p>Sexual Health Victoria Dear teen doctor Intimacy scale</p> <p>GDHR Western Australia Changes in relationships</p>
discussing how inappropriate emotional responses impact relationships at home and at school	<p>Sexual Health Victoria Dear teen doctor</p>
exploring why emotional responses can be unpredictable	<p>Sexual Health Victoria Dear teen doctor</p>

Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours - VCHPEP111

examining how media and public identities influence the way people act and the choices they make	<p>GDHR Western Australia Understanding influences on behaviour</p>
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sharing how important people in their life influence them to act or behave in a healthy or safe way	GDHR Western Australia Understanding influences on behaviour Peer influence
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Contributing to healthy and active communities

Content descriptions under the Contributing to healthy and active communities sub heading with elaborations featuring the RS tag are:

Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities - VCHPEP112

investigating practices that help promote and maintain health and wellbeing, such as eating a diet reflecting The Australian Guide to Healthy Eating, meeting recommendations for daily physical activity and creating connections with others to enhance social health	
understanding the importance of social support and a sense of belonging in promoting mental health and wellbeing	

Investigate how celebrating similarities and differences can strengthen communities - VCHPEP114

exploring initiatives sporting and community groups use to counter discrimination and support the wellbeing of their communities	
discussing how the actions of bystanders, friends and family can prevent and/or stop bullying, violence and other forms of discrimination and harassment	
proposing strategies to help others understand points of view that differ from their own and to encourage further discussion about individual and cultural similarities and differences in order to tackle racism	
exploring and celebrating how cultures differ in behaviours, beliefs and values	

Movement and Physical Activity

Learning through movement

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Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities - VCHPEM120

demonstrating negotiation skills when dealing with conflicts or disagreements in movement situations	
using reflective listening when working in small groups on movement tasks or challenges	
exploring and performing the duties and responsibilities of different roles for a range of physical activities	