

Relationships and Sexuality Teaching Material Cheat Sheet



Stage 7-8

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 best 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.

Some content descriptions and elaborations do not have teaching resources linked, as no relevant third-party resource is available. Often these content descriptions and elaborations do not focus on the sexuality component of RSE. For each content description a brief explanation of key concepts has been provided, highlighting how the content description and elaborations relate to RSE.

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;

Investigate the impact of transition and change on identities. (VCHPEP123)

Key RSE concepts found in elaborations under this content description are, the changing nature of relationships, attraction and identity during adolescence, diversity of sexual attraction, reflecting on gender and gender norms, the role of communication in relationships, Sexual content online and safety.

<p>examining the impact of physical changes on gender, cultural and sexual identities</p>	<p>The Practical Guide to Love, Sex and Relationships: TOPIC 1 - CHANGES</p> <p>Teaching Sexual Health Canada: Gender, Body Image & Social Influences Puberty Review Going Through Puberty Reproduction</p>
<p>investigating how changing feelings and attractions are part of developing sexual identities</p>	<p>Sexual Health Victoria: Relationship timeline Intimacy scale - secondary school</p> <p>The Practical Guide to Love, Sex and Relationships TOPIC 4 - WHAT TO DO WHEN YOU THINK YOU LIKE SOMEONE?</p>

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	<u>TOPIC 5 - WHY DO PEOPLE KISS?</u>
examining how traditions and cultural practices influence personal and cultural identities	Sexual Health Victoria: <u>Gendered Values Wheel</u> <u>Gender and sexuality matching</u>
identifying feelings and emotions associated with transitions, and practising self-talk and help-seeking strategies to manage these transitions	The Practical Guide to Love, Sex and Relationships: <u>TOPIC 1 - CHANGES</u>
examining online profiles and identities and developing strategies to promote safety in online environments	Sexual Health Victoria: <u>Sexual content online - scenario cards</u> The Practical Guide to Love, Sex and Relationships <u>PORN, WHAT YOU SHOULD KNOW</u>

Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)

Key RSE concepts found in elaborations under this content description are: Identifying trustworthy health information sources, the role of communication in relationships, changes in peer and family relationships during adolescence, making decisions and problem solving in relation to sex and relationships.

Accessing and assessing health information and services that support young people to manage changes and transitions as they grow older	Sexual Health Victoria: <u>Dear Teen Doctor - Secondary School</u>
investigating the changing nature of peer and family relationships and proposing strategies to manage these changes	Sexual Health Victoria: <u>Intimacy scale - secondary school</u> <u>Friendship scenarios</u> The Practical Guide to Love, Sex and Relationships <u>TOPIC 2 - FRIENDSHIPS</u> GDHR Western Australia <u>Qualities of respectful relationships</u>
analysing how roles and responsibilities change and evaluating strategies for managing these increasing responsibilities	Sexual Health Victoria <u>Friendship scenarios</u>
evaluating and practising coping, communication and problem-solving skills to manage changes and emotions associated with puberty and getting older	GDHR Western Australia <u>Qualities of respectful relationships</u>

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Examine barriers to seeking support and evaluate strategies to overcome these (VCHPEP125)

Key RSE concepts found in elaborations under this content description are, comfort discussing issues in relation to sex and relationships and seeking help in relation to sex and relationships.

collaborating with peers to suggest strategies they could use in emergencies, at home, at school or in the community	
practising different communication techniques to persuade someone to seek help	
exploring help-seeking scenarios young people encounter and sharing strategies for dealing with each situation	
proposing ways to support others who are going through a challenging time	

Investigate and select strategies to promote health, safety and wellbeing (VCHPEP126)

Key RSE concepts found in elaborations under this content description are, Understanding risks associated with sexual activity, decision making and problem solving in relation to sex and relationships, understanding and communicating about consent, communicating and understanding boundaries.

proposing and practising strategies for celebrating safely, including assertiveness, refusal skills, planning travel arrangements and contingency plans	<p>Sexual Health Victoria: Decision making map Handshake activity Giving relationships the green light</p> <p>Boddy Talk: The Game</p>
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Communicating and Interacting for Health and Wellbeing

Content descriptions under the Communicating and Interacting for Health and Wellbeing sub heading with elaborations featuring the RS tag are;

Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127)

Key RSE concepts found in elaborations under this content description, decision making in relation to sex and relationships, online relationships and safety, legal and ethical considerations in relations to online sexual content including pornography and sexting.

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examining how individuals, family and peer groups influence people’s behaviours, decisions and actions	Sexual Health Victoria: Inside outside relationship traits
understanding and applying online and social protocols to enhance relationships with others and protect their own wellbeing, including recognising and responding to inappropriate online content	Sexual Health Victoria Sexual content online - scenario cards GDHR Western Australia Issues with online communication Sexting: To send or not to send
analysing how their relationships at home and at school influence behaviours and actions	Sexual Health Victoria: Decision making map
analysing how behaviours, actions, and responses to situations can change depending on whether they are by themselves, with friends or with family	Sexual Health Victoria: Inside outside relationship traits
recognising the impact bullying, violence and harassment can have on peer and family relationships, including online relationships	

Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)

Key RSE concepts found in elaborations under this content description, respectful relationships. the role of communication in relationships, communicating and understanding boundaries.

investigating personal, social and cultural factors that influence the way individuals respond emotionally to different situations at home, school and in the community	Sexual Health Victoria Giving relationships the green light Gender and sexuality matching
exploring different viewpoints, practising being empathetic and considering alternative ways to respond	Sexual Health Victoria: Forgive and forget - Secondary School Friendship scenarios
recognising and interpreting emotional responses to stressful situations at home and at school, and proposing strategies for managing these responses	Sexual Health Victoria: Forgive and forget - Secondary School

Develop skills to evaluate health information and express health concerns (VCHPEP129)

Key RSE concepts found in elaborations under this content description, Identifying

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trustworthy sources of sexual health information, comfort discussing sexual health concerns.

<p>analysing the credibility of health messages conveyed by different sources</p>	<p>The Practical Guide to Love, Sex and Relationships <u>TOPIC 8 - AUTHENTICATING ONLINE INFORMATION</u></p>
<p>practising ways to communicate concerns about their health to a variety of support people</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;

Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)

Key RSE concepts found in elaborations under this content description, , contraception options, condom use, familiarity with STIs and STI testing.

<p>investigating preventive health practices relevant to young people, and designing and implementing health promotion activities targeting these practices</p>	<p>Sexual Health Victoria <u>Condom Sequencing</u> <u>Giving relationships the green light</u></p> <p>The Practical Guide to Love, Sex and Relationships <u>TOPIC 7 - SEXUAL AND REPRODUCTIVE HEALTH</u></p>
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Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132).

Key RSE concepts found in elaborations under this content description, respecting and valuing diversity, the social construction of gender and gender norms, gender roles, inclusive language.

<p>exploring how kinship and extended-family structures in different cultures support and enhance health and wellbeing</p>	
<p>investigating how respecting diversity and challenging racism, sexism, disability discrimination and homophobia influence individual and community health and wellbeing</p>	<p>Sexual Health Victoria <u>Gendered Values Wheel</u> <u>Gender and sexuality matching</u></p> <p>The Practical Guide to Love, Sex and Relationships</p>

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	<u>TOPIC 3 - FREEDOM FIGHTERS (GENDER)</u>
examining values and beliefs about cultural and social issues such as gender, race, violence, sexuality and disability	Sexual Health Victoria <u>Gendered Values Wheel</u>
researching how stereotypes and prejudice are challenged in local, national and global contexts	The Practical Guide to Love, Sex and Relationships <u>TOPIC 3 - FREEDOM FIGHTERS (GENDER)</u>

Movement and Physical Activity

Learning through movement

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

Practise and apply personal and social skills when undertaking a range of roles in physical activities (VCHPEM139)

Key RSE concepts found in elaborations under this content description, communication in relationships, communicating boundaries, rights and responsibilities in relationships, inclusivity.

adopting roles and responsibilities that support and enhance team cohesion and lead to successful movement outcomes	
applying an understanding of verbal, physical and situational cues to identify and respond appropriately to the feelings and motives of others when working in a team or group	
reflecting on their role and articulating how the actions they initiated in that role led to the achievement of successful outcomes	
undertaking various roles associated with the planning of physical activities	

Stage 9-10

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;

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Evaluate factors that shape identities, and analyse how individuals impact the identities of others (VCHPEP142)

Key RSE concepts found in elaborations under this content description, the social construction of gender, gender norms and gender roles, appreciation and respect for diversity, critically analysing pornography and pornography consumption, the role of communication in relationships.

<p>analysing how societal norms, stereotypes and expectations influence the way young people think about their bodies, food, physical activity, sexual health, drugs and/or risk-taking behaviours</p>	<p>Sexual Health Victoria Different stories</p> <p>GDHR Western Australia Gender expectations</p> <p>The Practical Guide to Love, Sex and Relationships TOPIC 3 -SEXUAL DIVERSITY</p>
<p>examining how diversity and gender are represented in the media and communities, and investigating the influence these representations have on identities</p>	<p>Sexual Health Victoria Pornography. What’s the harm? Different stories</p> <p>GDHR Western Australia Gender expectations Porn: The who, what, where, when, how, why and why not</p> <p>The Practical Guide to Love, Sex and Relationships TOPIC 3 -SEXUAL DIVERSITY</p>
<p>analysing the role of family, friends and community in supporting an individual’s identities, and proposing strategies to enhance their own and others’ wellbeing</p>	<p>Sexual Health Victoria Intimacy scale - Upper Secondary</p> <p>GDHR Western Australia Gender expectations Porn: The who, what, where, when, how, why and why not</p>
<p>investigating how cultural beliefs and practices surrounding transitions to adulthood differ between cultures</p>	<p>Teaching Sexual Health Canada Coping With Development</p>

Examine the impact of changes and transitions on relationships (VCHPEP143)

Key RSE concepts found in elaborations under this content description, Communication boundaries and consent, Communication in relationships, respectful relationships, the social construction of gender, gender norms and gender roles, appreciation and respect for diversity, rights and responsibilities in relationships.

<p>practising skills to deal with challenging or unsafe situations, such as refusal skills, communicating choices, expressing opinions and initiating contingency plans</p>	<p>Sexual Health Victoria What is a healthy relationship? Phil and Cindy - Sexual Consent</p>
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	<p>Intimacy scale - Upper Secondary</p> <p>GDHR Western Australia Power to manage relationships</p> <p>The Practical Guide to Love, Sex and Relationships TOPIC 7 - COMMUNICATION</p>
asserting their stance on a situation, dilemma or decision by expressing thoughts, opinions and beliefs that acknowledge the feelings of others'	<p>Sexual Health Victoria Phil and Cindy - Sexual Consent Intimacy scale - Upper Secondary Different stories</p> <p>The Practical Guide to Love, Sex and Relationships TOPIC 7 - COMMUNICATION</p>
assessing behavioural expectations in different relationships and social situations, and examining how these expectations can influence decisions and actions	<p>Sexual Health Victoria What is a healthy relationship? Sexual continuum</p> <p>GDHR Western Australia Sexting: To send or not to send</p> <p>The Practical Guide to Love, Sex and Relationships TOPIC 5 -WHEN'S THE RIGHT TIME</p>

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)
Key RSE concepts found in elaborations under this content description, communicating boundaries and consent, safe sex and condom use, Alcohol and sexual activity, contraception options including emergency contraception, STIs and STI testing.

proposing and practising a range of realistic responses to scenarios where peers are encouraging them to take unnecessary risks	<p>Sexual Health Victoria Contraception matching</p> <p>Teaching Sexual Health Canada Alcohol and Sex</p> <p>GDHR Western Australia Choices and consequences</p> <p>The Practical Guide to Love, Sex and Relationships TOPIC 6 - COMFORT ZONES</p>
critiquing the appropriateness and effectiveness of help and support services	<p>Sexual Health Victoria STI check</p>

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<p>available for young people in the local community</p>	<p><u>Where would you go to?</u></p> <p>GDHR Western Australia <u>Choices and consequences</u> <u>Sexually transmissible infections</u> <u>Safer sex - condoms</u> <u>Assessment task: Safer sex quiz questions</u></p> <p>The Practical Guide to Love, Sex and Relationships <u>LESSON 9 – STIS – GETTING TESTED</u> <u>TOPIC 10 – CAN YOU GET PREGNANT FROM...</u></p>
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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)

Key RSE concepts found in elaborations under this content description, critically analysing pornography and pornography consumption, the social construction of gender, gender norms and gender roles, Communicating boundaries and consent, rights and responsibility in relationships, accessibility of sexual health services.

<p>critiquing images and messages in the media that portray what it means to have a good time and be fun to be around, and evaluating how these images can be interpreted</p>	<p>Sexual Health Victoria <u>Who's responsible?</u> <u>Sexual continuum</u> <u>Intimacy scale - Upper Secondary</u></p> <p>GDHR Western Australia <u>Influence of the media</u></p>
<p>exploring external influences on sexuality and sexual health behaviours, and recognising the impact that decisions and actions can have on own and others' health and wellbeing</p>	<p>Sexual Health Victoria <u>Sexual continuum</u> <u>Intimacy scale - Upper Secondary</u></p> <p>GDHR Western Australia <u>Keeping safe in sexual situations</u></p> <p>The Practical Guide to Love, Sex and Relationships <u>TOPIC 4 - THE TRUTH ABOUT DESIRE</u></p>

Communicating and interacting for health and wellbeing

Content descriptions under the Communicating and Interacting for Health and Wellbeing sub heading with elaborations featuring the RS tag are;

Investigate how empathy and ethical decision-making contribute to respectful relationships (VCHPEP146)

Key RSE concepts found in elaborations under this content description, Rights and

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responsibilities in relationships, respectful relationships, the social construction of gender, gender norms and gender roles, communicating boundaries and consent.

<p>investigating the characteristics of positive, respectful relationships and the rights and responsibilities of individuals in relationships</p>	<p>Sexual Health Victoria What is a healthy relationship?</p> <p>GDHR Western Australia Respectful vs disrespectful relationships</p>
<p>investigating how gender and the balance of power influences the nature of relationships such as intimate and family relationships and proposing actions that can be taken when a relationship is not respectful</p>	<p>Sexual Health Victoria Phil and Cindy - Sexual Consent</p> <p>GDHR Western Australia Gender expectations Sexual consent and the law</p> <p>Teaching Sexual Health Canada Consent 1 Consent 2</p> <p>The Practical Guide to Love, Sex and Relationships TOPIC 8 - CONSENT AND THE LAW</p>
<p>demonstrating and advocating appropriate bystander behaviour when participating in online interactions.</p>	<p>Sexual Health Victoria Pornography. What's the harm?</p> <p>GDHR Western Australia Respectful relationships online</p>

Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses to health and wellbeing (VCHPEP147)

Key RSE concepts found in elaborations under this content description, Unhealthy and abusive relationships, rights and responsibilities in relationships, sexual decision making, personal values in relations to sex and sexuality.

<p>proposing strategies for managing emotional responses and resolving conflict in a family or social situation or online environment</p>	<p>Sexual Health Victoria Warning signals</p>
<p>evaluating situations at home and at schools where an individual may react with extreme emotion and reflecting on the impact that this response may have on the situation and/or their relationships</p>	<p>Sexual Health Victoria Warning signals</p> <p>GDHR Western Australia Keeping safe in sexual situations</p> <p>Teaching Sexual Health Canada Relationships and Dating</p>
<p>analysing interactions where emotional responses may not be immediately apparent and reflecting on the possible</p>	<p>Sexual Health Victoria Warning signals Katie and David - sexual decision making</p>

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<p>consequences of not recognising the emotions involved</p>	<p>GDHR Western Australia Ready vs not ready (for sexual activity) Keeping safe in sexual situations</p> <p>The Practical Guide to Love, Sex and Relationships Topic 5 – When is the right time?</p>
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Evaluate health information from a range of sources and apply to health decisions and situations (VCHPEP148)

Key RSE concepts found in elaborations under this content description, identifying trustworthy information sources, critically analysing pornography and pornography consumption, Contraception options, rights and responsibilities in relationships.

<p>critiquing and selecting the most suitable and reliable sources of health information according to the decision that needs to be made</p>	<p>The Practical Guide to Love, Sex and Relationships TOPIC 8 - AUTHENTICATING ONLINE INFORMATION</p>
<p>examining actions to take greater responsibility in relation to their own health</p>	<p>Sexual Health Victoria Who's responsible? STI check Contraception matching</p> <p>GDHR Western Australia Blood-borne virus safety Safer sex - condoms Sexually transmissible infections</p>
<p>critiquing services that provide advice and support on health-related issues, and investigating ways to store and share contact information of these services with other young people</p>	<p>The Practical Guide to Love, Sex and Relationships TOPIC 8 - AUTHENTICATING ONLINE INFORMATION</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;

Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities (VCHPEP149)

Key RSE concepts found in elaborations under this content description, respectful relationships, safe sex and condom use, STI testing, contraception options.

<p>creating and evaluating visual and multimodal health campaigns in print-based and digital environments to</p>	<p>GDHR Western Australia Health campaigns - sexual health</p>
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promote health and wellbeing in their community	
developing and implementing proposals to enhance the wellbeing of staff and students in the school	GDHR Western Australia Health campaigns - sexual health
investigating community-action initiatives young people have instigated that have had a positive influence on the health and wellbeing of their communities	GDHR Western Australia Health campaigns - sexual health

Plan and evaluate new and creative interventions that promote their own and others' connection to community and natural and built environments (VCHPEP150)

Key RSE concepts found in elaborations under this content description, respectful relationships, safe sex and condom use, STI testing, contraception options.

designing and critiquing a strategy to involve family, friends and members of the community in cultural celebrations to promote a sense of connection with and belonging to the community	GDHR Western Australia Health campaigns - sexual health
designing and adopting actions which promote healthy, active and sustainable lifestyles	GDHR Western Australia Health campaigns - sexual health

Critique behaviours and contextual factors that influence the health and wellbeing of their communities (VCHPEP151)

Key RSE concepts found in elaborations under this content description, rights and responsibilities in relationships, critically analysing pornography and pornography consumption, access to sexual health services, appreciation and respect for diversity, the social construction of gender, gender norms and gender roles, the impact of social, economic and cultural factors on access to health services.

examining social, cultural and economic factors that influence the health behaviours of people in their community	Sexual Health Victoria Different stories
investigating community health resources to evaluate how accessible they are for marginalised individuals and groups, and proposing changes to promote greater inclusiveness and accessibility	Sexual Health Victoria STI check
analysing the implications of attitudes and behaviours such as prejudice, marginalisation, homophobia, sexism, discrimination, violence and harassment on individuals and communities, and proposing counter-measures to prevent these behaviours	Sexual Health Victoria Pornography. What's the harm? GDHR Western Australia Influence of the media RELATE: Respectful relationships program - Stage 2

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	RELATE: Respectful relationships program - Stage 3
investigating the role that extended family and broader community play in the lives of Aboriginal and Torres Strait Islander peoples	

Movement and Physical Activity

Learning through movement

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

Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams (VCHPEM158)

Key RSE concepts found in elaborations under this content description, communication in relationships, communicating boundaries, rights and responsibilities in relationships, inclusivity.

evaluating the contribution they make as an individual to teamwork, leadership and enjoyable participation for all	
using self-talk and encouragement to motivate themselves and team members to continue to participate and improve performance	
identifying and critiquing leadership styles and group/team dynamics through collaboratively solving initiative games	