



LIFE READY Sessions

TEACHER BOOKLET
Fairfield High School

CONTENTS

- Session 1: Independent Living
- Session 2: Mental Health and Wellbeing
- Session 3: Safe Travel (Be Street Smart)
- Session 4: Relationships
- Session 5: Sexuality
- Session 6: Sexual Health
- Session 7: Alcohol
- Session 8: Drugs

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Year 11 Life Ready

Term	Week	Lesson Topic	Syllabus Reference	Lesson Specifics	Resources	Differentiation	Date/Sign
1		Session 1: Independent Living					
	3	<ul style="list-style-type: none"> Financial Literacy: budgeting and saving money Financial Literacy: further study 	Outcomes: 3.1, 5.1, 7.1, 7.2, 7.3	<ul style="list-style-type: none"> Financial Literacy: budgeting and saving money. (80 minutes) <ul style="list-style-type: none"> Activity 1: Introduction to budgeting (10 minutes) (https://www.moneysmart.gov.au/managing-your-money/saving/how-australians-save-money) Activity 2: Where does your money go? (10 minutes) Activity 3: Managing your finances (20 minutes) (https://www.moneysmart.gov.au/tools-and-resources/calculators-and-apps/budget-planner) Activity 4: Simple ways to save money (20 minutes) (https://www.moneysmart.gov.au/managing-your-money/budgeting/simple-ways-to-save-money) Activity 5: Case Study (20 minutes) Financial Literacy: further study(50 minutes) <ul style="list-style-type: none"> Activity 1: Did you know? Financial support for students (30 Minutes) Clip "Paying for your education" (https://www.youtube.com/watch?v=w dMXOu2kRkY) 	<ul style="list-style-type: none"> A1: ASIC MoneySmart saving statistics webpage A2: Blank paper A3: ASIC MoneySmart budget planner OR Excel spreadsheet A4 ASIC MoneySmart's "simple ways to save money" webpage A5: Case study "Selina" <p>Also</p> <ul style="list-style-type: none"> "Track my spending" APP <ul style="list-style-type: none"> A1: Clip "Paying for your education" Meaning and purpose p.5&6 Clip "Student counsellor Stuart's money tips" 		

				<ul style="list-style-type: none"> - Clip “Student counsellor Stuart’s money tips” (https://www.youtube.com/watch?v+9QmDtCaTV8U) - Clip “What do you need to know before applying for a HELP loan?” https://www.youtube.com/watch?v=BoQ38z8HXe4) - Activity 2: Case study: Sarah manages a student budget (20 minutes) - MoneySmart clip “Sarah manages on a student budget” (https://www.youtube.com/watch?v=Pqc3wikY5nQ) 	<ul style="list-style-type: none"> - Clip “What do you need to know before applying for a HELP loan?” - A2: MoneySmart clip “Sarah manages on a student budget” - Internet access 		
1		Session 2: Mental Health and wellbeing					
	5	<ul style="list-style-type: none"> • Responding to change and challenges: Stress management • Building Resilience. 	Outcomes 1.1, 2.1, 3.1, 4.1, 6.1, 7.2	<ul style="list-style-type: none"> • Responding to change and challenges: Stress management (25 minutes) <ul style="list-style-type: none"> - Activity 1: group discussion - Activity 2: Small Group discussion (ways of dealing with stress) - Activity 3: Whole group discussion: How do you cope? - Ball toss: Practical ideas for you and your friends - Activity 4: Individual task: Visualising your goals for stress management - Activity 5: WOOP - Activity 6: Graffiti walk: Exploring stress management 	<ul style="list-style-type: none"> - Butchers paper - Pens/textas - Access to internet - Tennis ball (1 or 2) - WOOP worksheets - Smiling mind APP - Colouring in pages 		

				<ul style="list-style-type: none"> - Activity 7: Mindfulness (Smiling mind App and mindful colouring) <ul style="list-style-type: none"> • Building Resilience. (75 minutes) Theme 1: Acknowledging achievements and success <ul style="list-style-type: none"> - Activity 1: 3,2,1 Brainwriting: what is resilience? - Activity 2: How resilient are you? - Activity 3: Acknowledging and achievements group discussion - Activity 4: recording your achievements - Activity 5: Successes: What strengths help us to be successful - Activity 6: What strengths assist us in being successful? - Activity 7: Character strengths for success Theme 2: Acknowledging controllable factors and empathy <ul style="list-style-type: none"> - Activity 1: Grafitti walk - Activity 2: pair discussion - Activity 3: Focussed activities – two controllable factors for resilience - Activity 4: group discussion - Activity 5: Circle chat: are you empathetic? - Activity 6 Student pair discussion: practicing empathy Theme 3: Overcoming adversity and accepting support 	<ul style="list-style-type: none"> - T1:Post it notes - Access to the internet - Handout: Resilience quiz and results page - Worksheet: 3,2,1 ideas - Worksheet: Boosting success through character strengths - Worksheet: - Recording my achievements big and small - T2:Worksheet: Controllable factors for resilience information sheet - Worksheet: media prompts - Laminated Graffiti sheets - Butchers or A4 paper - T3:Butchers paper - Pens/textas - Post it notes - A5 sheets of paper - Access to internet - Worksheet: Where to go for help 		
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				<ul style="list-style-type: none"> - Activity 1: Class brainstorm - Activity 2: Small group discussion - Activity 3: group Brainswarm - Activity 4: connecting with others: small group work 	<ul style="list-style-type: none"> - Worksheet: Building my coping skills - Factsheet Building coping skills - Factsheet: How to practice gratitude 		
1		Session 3: Safe Smart travel					
	9	<ul style="list-style-type: none"> • Financial Literacy • Safe travel 	<p>Outcomes:</p> <p>3.1, 5.1, 7.1, 7.3 1.1, 3.1, 4.2, 5.1, 5.2, 6.2, 7.1, 7.3,</p>	<ul style="list-style-type: none"> • Financial Literacy: Owning a Car (30 minutes) <ul style="list-style-type: none"> - Activity one: Buying a car you can afford (30 minutes) 'In The Driver's Seat – MoneySmart Rookie' www.youtube.com/watch?v=7rXdTPbfKzE • RMS Module 5: Poor judgement – Drugs, alcohol and driving <ul style="list-style-type: none"> - Activity 1: character cards - Activity 2: Who would you want to drive you home? - Activity 3: What would work for you? - Activity 4: What should a driver do? - Activity 5: What do you think? - Activity 6: Internet research (Use factsheet rather than the internet) - Activity 7: Road risk – Mobile phones - Activity 8: Under pressure 	<ul style="list-style-type: none"> - You tube clip: 'In The Driver's Seat – MoneySmart Rookie' - Character cards - Worksheet: Who would you want to drive you home? - Worksheet: Who should drive you home? Scenarios - Worksheet: What would work for you? - Worksheet: What should a driver do? - Worksheet: What do you think? - Worksheet: Internet research sheet 		

					<ul style="list-style-type: none"> - Factsheet: Drug drivers: the risk is real - Worksheet: Road risk - Worksheet: Under pressure role statements 		
2		Session 4: Relationships					
	3	<ul style="list-style-type: none"> • Gender respect and relationships 	<p>Outcomes: 1.1, 1.2, 2.2, 6.1, 6.2, 7.2,</p>	<ul style="list-style-type: none"> • Gender respect and relationships <ul style="list-style-type: none"> - Activity 1: Mapping Gender and Violence at our school (40 minutes) - What is sexual harassment (20 minutes) - How to help a friend (30 minutes) 	<ul style="list-style-type: none"> - Handout: School map - H15: harassment and violence in school - H16: What is sexual harassment - H17: sexual harassment survey - H18: What the legal situation with sexual harassment - H19 Where to go for help - H20: Common responses to experiences of violence - H21: What can I do to help a friend? - H22: Responses to scenario activity 		
2		Session 5: Sexuality					

	7	<ul style="list-style-type: none"> • Young people, technology and sexuality. • Exploring Gender Identity. 	<p>Outcomes: 2.2, 5.1, 5.2, 3.1, 6.2,</p>	<ul style="list-style-type: none"> • Young people, technology and sexuality. (45 minutes) <ul style="list-style-type: none"> - Activity 1: Sharing images, What is appropriate (20 minutes) - Activity 2: What's the risk (15 minutes) - Conclusion (5-10 minutes) • Exploring Gender Identity (35-40 minutes) <ul style="list-style-type: none"> - Activity 1: Gender expectations (20 – 25 minutes) - Activity 2: Who's the man (10 minutes) - Activity 3: Like a girl – the power of language (10 minutes) <p>(40 minutes)</p> <ul style="list-style-type: none"> - Aspects of identity - Factors that influence gender and sexual identities - Influences on behaviour 	<ul style="list-style-type: none"> - Teacher fact sheet – Young people, technology and sexuality - Texting or sexting cards - Real life scenarios - Real life scenarios – Teacher discussion information sheet - Like a girl you tube video: “Always #LikeAGirl” - Scenario: Marcus wants to be a man - Handout 1: Discussion questions - Explore the terminology cards 		
		Session 6: Sexual Health					
	9	<ul style="list-style-type: none"> • Sex Educate Me Game 	<p>Outcomes: 2.1, 3.1, 5.1, 6.1, 7.3.</p>	<ul style="list-style-type: none"> • Sex Educate Me Game (100 minutes) Students play the game and engage in group and classroom discussions as they arise. Topics to discuss include; <ul style="list-style-type: none"> - Reproductive system - STI's - Communicating between sexes - Problem solving scenarios - Contraception - Domestic violence in relationships 	<ul style="list-style-type: none"> - Sex Educate me game 		
		Session 7: Alcohol					

3	3	<ul style="list-style-type: none"> King or Coward Alcohol and violence: What would you do? When something goes wrong. 	<p>Outcomes: 1.1, 2.1, 3.1, 4.2, 5.1, 5.2, 6.2, 7.2, 7.3,</p>	<ul style="list-style-type: none"> King or Coward (70 minutes) <ul style="list-style-type: none"> Activity 1: Facts and feelings (20 minutes) Activity 2: Acceptance and Unacceptable Behaviour (30 minutes) Activity 3: Protective strategies (20 minutes) <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> Alcohol and violence: What would you do? (50 minutes) <ul style="list-style-type: none"> Activity 1: case studies (20 minutes) Activity 2: Skills and strategies (15 minutes) Activity 3: Role Play (15 minutes) Alcohol and violence: When something goes wrong. (50 minutes) <ul style="list-style-type: none"> Activity 1: Recognising drug and alcohol related emergencies (5 minutes) Activity 2: Scenarios (20 minutes) Activity 3: Emergency first aid (15 minutes) 	<ul style="list-style-type: none"> Handout: Articles <ul style="list-style-type: none"> Article 1: Kelly Article 2: Fady Taiba and James Ian Longworth Article 3: Daniel Christie Article 4: Michael McEwen Acceptable and unacceptable behaviour cards Case studies Laminated action sheets Emergency scenarios Emergency action sheets and teacher notes Resuscitation chart 		
	Session 8: Drugs						
		7		<p>Outcomes: 6.1, 5.2, 1.1, 6.1, 1.2, 7.2</p>	<ul style="list-style-type: none"> Cannabis: Know the risks! (50 minutes) <ul style="list-style-type: none"> Knowledge and understanding of Cannabis 	<ul style="list-style-type: none"> Cannabis: Know the risks game 	

				<ul style="list-style-type: none"> - Identifying safety skills and behaviors Students play the game and engage in group and classroom discussions as they arise. • Methamphetamine: Short and long term risks (50 minutes) <ul style="list-style-type: none"> - Activity 1: Methamphetamine in Australia? Watch the You tube video 101 East – The Ice Age: Australia’s Methamphetamine Addiction - Activity 2: Methamphetamine factsheets. Read through factsheets and discuss - Activity 3: Methamphetamine stories Read through stories and discuss the impacts of Meth on each type of health as well as what support services each person could turn to. 	<ul style="list-style-type: none"> - You tube video “101 East – The Ice Age: Australia’s Methamphetamine Addiction” - Methamphetamine factsheets - Methamphetamine Stories 		
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Evaluation to be completed by teacher – reflecting on the success and areas for improvement of this program.

Teacher name: _____ Teacher signature: _____ Date: _____



Life Ready 2019 - SCOPE and SEQUENCE

		Term 1, 2019										Term 2, 2019										Term 3, 2019										Term 4, 2019													
		1	2	3	4	5	6	7	8	9	10	11	1	2	3	4	5	6	7	8	9	10	11	1	2	3	4	5	6	7	8	9	10	11	1	2	3	4	5	6	7	8	9	10	11
Lessons		L1 TOPIC: Independent Living				L2 TOPIC: Mental Health & Well Being		L3 TOPIC: Safe/ smart travel				L4 TOPIC: R'ships				L5 TOPIC: Sexuality		L6 TOPIC: Sex. Hlth.				L7 TOPIC: Alcohol				L8 TOPIC: Drugs																			
		P1&2 2HRS WED OC: 3.1, 5.1, 7.1, 7.2, 7.3				P1&2 2HRS WED OC: 1.1, 2.1, 3.1, 4.1, 6.1, 7.2		P1&2 2HRS WED OC: 3.1, 5.1, 1.1, 4.2, 5.2, 6.2, 7.1, 7.3				P1&2 2HRS WED OC: 1.1, 1.2, 2.2, 6.1, 6.2, 7.2				P1&2 2HRS WED OC: 2.2, 5.1, 5.2, 3.1, 6.2		P1&2 2HRS WED OC: 2.1, 3.1, 5.1, 6.1, 7.3.				P1&2 2HRS WED OC: 1.1, 2.1, 3.1, 4.2, 5.1, 5.2, 6.2, 7.2, 7.3				P1&2 2HRS WED OC: 6.1, 5.2, 1.1, 6.1, 1.2, 7.2																			
Presentations		SURF LIFESAVING 2 Hours Week __ PERIOD ____ and ____ OUTCOMES: 5.1, 4.2, 5.2, 1.1, 7.2										BLUE DATTO Auditorium Whole Day 6 Hours Week 5, Periods 1-6 OUTCOMES: 1.1, 1.3, 2.1, 2.2, 3.1, 4.2, 5.1, 5.2, 7.2, 7.3										OUTCOMES Covered: 1.1, 1.1, 1.2, 1.3, 2.1, 2.2, 3.1, 3.2, 4.1, 4.2, 5.1, 5.2, 6.1, 6.2, 7.1, 7.2, 7.3 Total Lesson Hours = 16 Total Presentation Hours = 10 Total Crossroads Hours = 24																							

