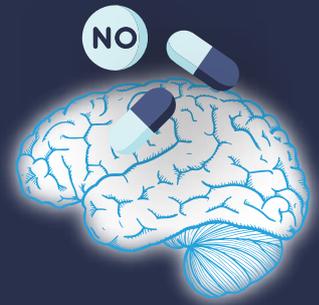


SAVE YOUR BRAIN  
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YEARS 7-8 BAND, HEALTH & PHYSICAL EDUCATION  
FOCUS AREA: ALCOHOL AND OTHER DRUGS

### Learning task: Protective Factors - Getting Connected

**Introduction:** 'Getting Connected' offers a choice of 8 topics, as listed on the following page. Each link provides downloadable activities for teachers and students to use, either within their classroom, or online. It is important for teachers/facilitators to understand that social and emotional learning fosters the ability to make positive choices about how we behave. As teens, students need to build up the 'tool kit' of life skills to strengthen their decision-making skills. These modules go a long way reflecting and analysing.

## INTRODUCTORY NOTES:

It is important for teachers/facilitators to understand that social and emotional learning fosters the ability to make positive choices about how we behave. As teens, students need to build up the 'tool kit' of life skills to strengthen their decision-making skills.



These include:

- self-awareness
- self-concept
- social awareness
- social management
- critical thinking
- problem solving
- reflecting & analysing

These can be incorporated through this segment via online group discussion. Additionally, when face to face group opportunities present themselves use may be made in pedagogy such as role-play, debating, presentations at assemblies, and local community groups. Teachers will also know that our experiences and actions affect the way our brains develop and positive role models and interactions from family members and other a such as club leaders, coaches, teachers, friends and social group.

Quality feedback, reactions and experiential learning add to the teen's 'tool kit' by helping them to learn:

- Strategies for relating and interacting with others
- Assertive behaviour skill
- How to establish and manage changing relationships – offline and online
- General health and wellbeing activities
- What impact Social / emotional health has on general well being
- Observe real resilience skills in action that support resilient behaviour
- See how others demonstrate coping skills and help seeking strategies

everything  
is  
connected

## TOPICS

### School - Starting High School

Resource: [CLICK!](#)

### Communication - Types of Communication; Communication in Relationships; Communication Problems

Resource: [CLICK!](#)

### Conflict - Bullying; Dealing with Bullying; Resolving Conflict

Resource: [CLICK!](#)

### Feelings - The Power of Feelings - Peer Influence; Dealing with a Crisis

Resource: [CLICK!](#)

### Friendship - Being a Friend; Finding a Friend; Coping with Friendship Groups

Resource: [CLICK!](#)

### Motivation - Attitude; Goal Setting

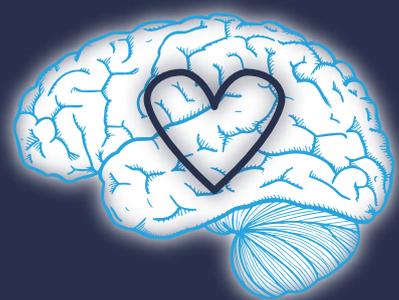
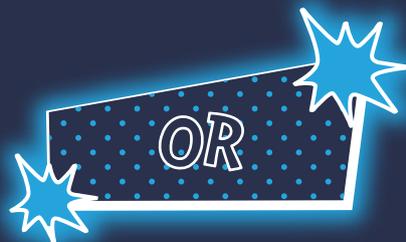
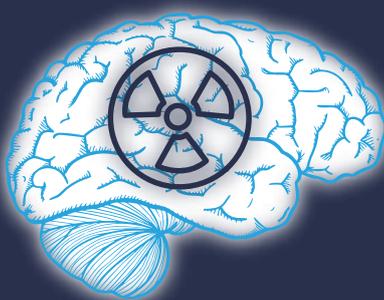
Resource: [CLICK!](#)

### Self-Esteem - You are an Individual; Self Esteem and Self Respect; Respect in Diversity

Resource: [CLICK!](#)

### Stress - What is Stress? Coping with Stress; Time Management

Resource: [CLICK!](#)



#### Australian Curriculum links: Health & Physical Education

ACPPS073 Investigate & select strategies to promote health, safety & wellbeing.

ACPPS076 Evaluate health information & communicate their own & others' health concerns.

ACPPS077 Plan & use health practices, behaviours & resources to enhance health, safety & well being of their communities.