



WAGIN DISTRICT HIGH SCHOOL

TERM 1, 2024 OUTLINE

Year 9 Health Education

COURSE OUTLINE

In Year 9, the content provides for students to broaden their knowledge of the factors that shape their personal identity and the health and wellbeing of others. They further develop their ability to make informed decisions, taking into consideration the influence of external factors on their behaviour and their capacity to achieve a healthy lifestyle. They continue to develop knowledge, skills and understandings in relation to respectful relationships. With a focus on relationship skills that promote positive interactions, and manage conflict.

ACHIEVEMENT STANDARD

At Standard, students identify and apply relevant criteria to determine reliability of online health information and whether it is suitable for use in a particular context.

Students evaluate a range of characteristics of respectful relationships, such as showing respect for self and others, and personal differences and opinions. They describe and apply appropriate skills and strategies to resolve and manage conflict within different environments.

Personal, Social and Community Health

BEING HEALTHY, SAFE AND ACTIVE

Skills to deal with challenging or unsafe situations:

- refusal skills
- initiating contingency plans
- expressing thoughts, opinions, beliefs
- acting assertively

(ACPPS090)

CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES

The implications of attitudes and behaviours on individuals and the community, such as:

- prejudice
- marginalisation
- homophobia
- discrimination

(ACPPS098)

WEEK	KEY CONCEPTS
Week 1 - 4	<p>The origins of prejudicial and discriminatory behaviour including misguided assumptions, beliefs and attitudes, stereotypes</p> <ul style="list-style-type: none"> • the impact of prejudicial and discriminatory behaviour on mental health outcomes including the risk of social isolation and community disharmony • practices which create or perpetuate prejudice and discrimination <p>Alcohol - think ahead</p> <ul style="list-style-type: none"> • revise impact of alcohol on developing brains • challenging situations and risks for young people related to alcohol use e.g. out of control parties, drink spiking, damage to reputation • identifying external influences such as peers and social norms and expectations • difficulties managing external influences related to one or more challenging situations (as above) • strategies for avoiding and reducing harm related to one or more challenging situations (as above) <p>Assessment</p>
Week 5 - 8	
Week 9	

COURSE ASSESSMENT

Students will be expected to complete a few short quizzes, and an end of unit test or assignment. Students may also be required to complete investigations to help develop their understanding of the concepts covered. *While the key content will be taught at school, it is essential that students complete homework on a regular basis to help practice new skills and solidify their understanding.*

All work samples, both formal and informal, will then be used to determine the ability and grade of each student.