



WAGIN DISTRICT HIGH SCHOOL SEMESTER 1 OUTLINE

Year 8 Health Unit Outline 2019

Course Outline

Health is a state of complete physical, social, emotional, mental and spiritual wellbeing and not merely the absence of disease or infirmity. Being a healthy person is about being able to go about your day to day occupations effectively and being able to cope in a variety of situations. It is a relevant and meaningful subject giving students the understanding and power to guide them to make informed decisions about their health and promote a healthy lifestyle through these decisions. The content expands students' knowledge and understanding and helps them develop skills to achieve successful outcomes in personal, social and online situations. The aim of this course is to promote healthy and active lifestyles by enhancing students knowledge of personal self worth, to effectively respond to life transitions and events, improving communication, goal setting and decision making skills.

Students who are happy, healthy and active are known to have greater academic success. A focus will be on increasing students' health literacy and developing a greater understanding of public health and how the prevention of ill-health can benefit the community. The topics chosen as a focus in high school are based on the general capabilities of the Western Australian Curriculum.

Course Outcomes

This semester, students will develop a further understanding of some key focus areas in the Health Learning Area. These include:

- Respectful Relationships
- Resilience

Students will be working through and program called RELATE developed by SHQ (Sexual Health Quarters) as well as programs developed by SDERA (School Drug Education and Road Aware)

Course Assessment

Students will be assessed on their work completed throughout the semester as well as an assignment at the end of each term.

Curriculum Covered over the semester

Being healthy, safe and active:

- Ways in which changing feeling and attractions form part of developing sexual identities
- The impact of physical changes on gender, culture and sexual identities
- Strategies for managing the changing nature of peer and family relationships
- Communication techniques to persuade someone to seek help
- Skills and strategies to promote physical and mental health, safety and wellbeing in various environments:

Communicating and interacting for health and well being

- Personal, social and cultural factors influencing emotional responses and behaviour
- The impact bullying and harassment can have on relationships, including online relationships, and the health and wellbeing of themselves and others
- Sources of health information that can support people who are going through a challenging time

Contributing to healthy and active communities

- Health promotion activities which target relevant health issues for young people and ways to prevent them

Week	Topic	Activity
1	Respectful Relationships	Introduction Correct Terminology
2		Gender not Sex
3		What's the message? Gender and the media
4		What's the story?
5		Your Space, your choice
6		Send me a picture: viewing activity
7		The aftermath: consequences of sexting: viewing activity
8		Making decisions Reflection
9	Assessment	Anti stereotype investigation <ul style="list-style-type: none"> • Allocated time in class to complete
10		Anti stereotype investigation <ul style="list-style-type: none"> • Allocated time in class to complete

Term 2

Week	Topic	Activity
1	Resilience	Introduction to physical and mental health, safety and wellbeing <ul style="list-style-type: none"> • Am I the only one • Building resilience
2		Sources of help and health information <ul style="list-style-type: none"> • Seeking Help • Talk to me • Communication technique
3		Managing Relationships <ul style="list-style-type: none"> • Its what you say and how you say it • Strategies for managing emotional responses • Making responsible decisions
4		Strengths <ul style="list-style-type: none"> • Identifying strengths and qualities in yourself and others •
5		Help seeking <ul style="list-style-type: none"> • Knowing when you or others need help • Identifying sources of help • Practise asking for help
6		Personal strengths and well being <ul style="list-style-type: none"> • Strengths analysis • Leadership strengths •
7		Refusal skills and managing influences <ul style="list-style-type: none"> • Pressure tactics • Responding assertively Decision making <ul style="list-style-type: none"> • Options and decisions
8-10	Assessment	Start the conversation