



Western Australia Curriculum descriptors:

Being Healthy Safe & Active:

- Strategies to promote safety in online environments (ACPPS070).
- Feelings and emotions associated with transitions; and practising self-talk and help-seeking strategies to manage these (ACPPS070).
- Management of emotional and social changes associated with puberty through the use of coping skills, communication skills, problem solving skills and strategies (ACPPS071).
- Help seeking strategies that young people can use in a variety of situations (ACPPS072).

Communicating and Interacting for Health and Wellbeing:

- Strategies and skills to communicate assertively when seeking, giving, or denying consent are explained and applied (AC9HP8P07).

Session:	Lesson Aim and Content:	Resources:
One	<u>Cyber Safety</u> <ol style="list-style-type: none"> 1. Consider all the different online platforms. 2. List reasons why people go online. 3. Identify potential consequences or being online and reasons why age restrictions exist. 	<ul style="list-style-type: none"> • Sticky notes (post-it slam activity) • Cyber Safety Placemat A3 (located in L1 folder) • Keeping Safe Internet Basics – https://www.youtube.com/watch?v=r3twJMzKWR8 • Cyber Smart Kids – https://www.youtube.com/watch?v=WXG5gv1ukWI&t=2s
Two	<u>Cyber Safety</u> <ol style="list-style-type: none"> 1. List the potential consequences of posting images online. 2. Define Cyberbullying. 3. Investigate help seeking resources. 4. Reflect on your own online safety practices. 	<ul style="list-style-type: none"> • Sticky notes/scrap paper (Give One, Get One) • Is it Cyberbullying? https://www.youtube.com/watch?v=vtfMzmkYp9E&t=169s • CyberSlap – https://www.youtube.com/watch?v=xTLBQBYX2MQ • http://www.beyondblue.org.au/getsupport/find-a-professional • Kids HelpLine – https://www.youtube.com/watch?v=24Jtowxh-ZY&t=1s • Kahoot! – https://create.kahoot.it/share/duplicate-of-online-safety/9e905853-eb3c-42f7-869d-ee369869f789 • ACT E-Safe – https://www.esafety.gov.au/media/act-esafe • Internet Safety Games – https://www.makeuseof.com/tag/6-internet-safety-games-kids-cyber-smart/
Three	<u>Consent</u> <ol style="list-style-type: none"> 1. Define consent and what, when, how, and why. 2. Apply consent to real-life scenarios. 3. Define the DEVICES acronym in consent. 	<ul style="list-style-type: none"> • Everyday Consent – https://www.youtube.com/watch?v=LO3i1EJE6DI&ab_channel=RiseAbove • Tea and Consent - https://www.youtube.com/watch?v=h3nhM9UlJjc&t=2s&ab_channel=BlueSeatStudios • Kahoot! – https://create.kahoot.it/share/yr-7-consent/774f7111-2866-47e5-80d3-485434b959dd
Four	<u>Puberty Introduction</u> <ol style="list-style-type: none"> 1. Define puberty . 2. Understand the purpose of puberty. 3. Identify social, emotional, and physical changes that occur to males and females. 	<ul style="list-style-type: none"> • Question Box • Puberty – https://www.youtube.com/watch?v=Y-m4ppqMLPc • Puberty in Boys – https://www.youtube.com/watch?v=Yvw7QGytgNQ • Puberty in Girls – https://www.youtube.com/watch?v=j_MFJ2d0qxQ

Five	<p><u>Puberty – the how and why</u></p> <ol style="list-style-type: none"> 1. Identify skills, emotions, and items necessary to survive puberty. 2. Define hormones, primary and secondary sex characteristics. 3. Identify the main male and female sex hormones. 4. Create a timeline summary of the changes that occur during puberty. 	<ul style="list-style-type: none"> • Puberty Backpack A4 (located in the L5 folder – this is optional. It is included in their books, but they can take it home as homework). • Coloured pencils/texters. • Sticky notes 	
Six	<p><u>Puberty – Female Reproductive System</u></p> <ol style="list-style-type: none"> 1. Label the female reproductive system. 2. Define the different parts of the female reproductive system. 3. Describe menstruation and ovulation. 	<ul style="list-style-type: none"> • Female Reproductive System - https://www.youtube.com/watch?v=toKp0SGyv5w • Menstruation - https://www.youtube.com/watch?v=vXrQ_FhZmos&t=5s • Word Wall Activity – https://wordwall.net/resource/27628547 	
Seven	<p><u>Puberty – Female Reproductive System & Hygiene</u></p> <ol style="list-style-type: none"> 1. Label the female reproductive system. 2. Define the different parts of the female reproductive system. 3. Understand the menstrual cycle, symptoms and how to manage it. 4. Discuss hygiene and how to be hygienic. 	<ul style="list-style-type: none"> • Sanitary Kit Resource (located in Health Storeroom) • Hygiene – https://www.youtube.com/watch?v=8ENI6yhTahg 	
Eight	<p><u>Puberty – Male Reproductive System</u></p> <ol style="list-style-type: none"> 1. Label the male reproductive system. 2. Define the different parts of the male reproductive system. 3. Describe the journey of the sperm. 4. Describe the journey of an ovum. 	<ul style="list-style-type: none"> • Male Reproductive System - https://www.youtube.com/watch?v=nr5W9trSv8l • Research Walk Posters (located in Health Storeroom) • Word Wall Activity – https://wordwall.net/resource/31937101/changes-at-puberty-male-female 	
Nine	<p><u>Revision</u></p> <ol style="list-style-type: none"> 1. Revision for upcoming topic test. 	<ul style="list-style-type: none"> • Revision booklet (Available on Connect/Shared Drive) • Puberty Memory Game (available in Health Storeroom – 1 x class set = 8 x matching cards sets) • Kahoot! – https://create.kahoot.it/share/the-joys-of-puberty/992434db-fbec-4c3e-8e22-d7c61f64b17a 	
Ten & Eleven	<p><u>Week 10: Topic Test</u></p> <ol style="list-style-type: none"> 1. Topic Test 	<p><u>Week 11: 'Inside Out'</u></p> <ol style="list-style-type: none"> 1. Test catch-up & 'Inside Out' 	<ul style="list-style-type: none"> • Topic Test • 'Inside Out' movie (available on Shared Drive)