

## KidsMatter & PDH SEL Competency Overview

Early Stage 1	Self-Awareness		Social Awareness		Self-Management		Responsible Decision Making				Relationship Skills					
	Major Focus: ✓	Minor Focus: •	Identifying emotions	Recognising strengths	Perspective-taking	Appreciating diversity	Managing Emotions	Goal Setting	Analysing situations	Assuming personal responsibility	Respecting others	Problem solving	Communication	Building Relationships	Negotiation	Refusal
<b>ACTIVE AND HEALTHY</b>																
1. How can I care for my body? (E.1,E.3)										✓						
2. What are my basic needs? (E.1)																
3. What are my favourite activities? (E.1)											✓					
4. Why is healthy food and rest important to me? (E.1,E.2)											✓					
5. How can I be physically active? (E.3)							✓				•					
6. What effects does exercise have on my body? (E.1)																
7. What is healthy food and a balanced diet? (E.1,E.2)											•					
8. How can I keep safe in the sun? (E.1,E.2)																
<b>KEEPING MYSELF SAFE</b>																
1. What is a caring healthy relationship? (E.1,E.2,E.3)														✓		
2. Why is trust important? (E.1,E.2)									✓							•
3. How does my body tell me I feel unsafe? (E.1)			✓				✓									
4. What is unsafe touching? (E.1,E.2)			✓													
5. How can I ask for help when I feel unsafe? (E.1,E.2)																✓
6. Whose hand can I hold when crossing the road? (E.1,E.3)									✓	✓						
7. Why do we hold hands when crossing the road? (E.1,E.3)									✓	✓						
8. How should I wear my seatbelt? (E.3)										✓						
9. Where is it safe to ride? (E.3)										✓						
10. How can I use the Internet and phones safely? (E.3)																
<b>ALL ABOUT MEDICINES/MAKING HEALTHIER CHOICES</b>																
1. What keeps us healthy? (E.1,E.2,E.3)												•				
2. Who helps me to stay healthy? (E.1,E.2)																
3. What happens when we are sick? (E.2,E.3)																
4. How can I stay safe in my home? (E.1,E.2,E.3)												•				
5. What are the rules for taking medicines? (E.2)										✓						
6. How can I make healthy choices? (E.1,E.2)								•								
7. What are the effects of my choices? (E.2)																
8. How can I keep my home/school safe and clean? (E.2,E.3)										✓						
9. How can I keep safe around water? (E.2)										✓						
10. Who can help to keep me safe? (E.1,E.2,E.3)												✓				
<b>ME AND MY MATES</b>																
1. What am I like? (E.1,E.3)						✓							•		•	
2. Why am I special? (E.1,E.3)				✓								✓			✓	
3. How have I changed since birth? (E.1)																
4. How does my family care for each other? (E.2)													✓			
5. How can I make friends? (E.2,E.3)				•	✓	✓							✓			
6. Why do we need rules? (E.2)											•					
7. How can I be a good listener? (E.2)											✓					
8. What are good manners? (E.2)											✓					
9. How can I work well with others? (E.2,E.3)							•				•	✓	✓	✓		

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<b>FOOD, FUN AND FITNESS</b>														
1. What is a balanced lifestyle? (E.1)							●							
2. Why is a balanced lifestyle important? (E.1)							●							
3. What are healthy eating habits? (E.2)							●							
4. Who influences my eating habits? (E.2)							✓	✓						
5. How can fast food be healthy? (E.2)										✓				
6. How do I make healthy decisions? (E.1)										✓				
7. How does physical activity affect me? (E.3)											●			
8. What are the benefits of physical activity? (E.3)						✓				✓	●			
9. What are the benefits of physical activity? (E.3)							✓				✓			
10. What are the consequences of my decisions? (							✓			✓				
<b>GETTING ALONG WITH OTHERS</b>														
1. How can I share and cooperate with others? (E.1)		●			●	●					✓	✓	✓	
2. What is good communication? (E.1)									✓		✓			
3. Who is in my family? (E.2)					✓				●					
4. What activities can I do with my family? (E.2)			✓	✓									●	
5. What is a good friend? (E.2)			✓						✓					
6. Who is important and special to me? (E.2)												✓		
7. Why is it important to belong to various groups? (E.2)				✓										
8. What is bullying/cyberbullying? (E.3)									✓					
9. How do I respond to conflict? (E.3)					✓								✓	
10. Why do we have rules? (E.3)									✓		●			
<b>KEEPING MYSELF SAFE AROUND MEDICINES - PUTTING SAFETY FIRST</b>														
1. What should I do to get help? (E.1)										✓				
2. What needs to be kept in a safe place? (E.1)									✓					
3. How do my friends and I use medicines safely? (E.2)				●			✓							✓
4. How can we store medicines safely? (E.1, E.2)							✓			✓				
5. How do I know what is safe for me? (E.2)										✓				
6. How do I cross the road safely?(E.1, E.2)							✓							
7. Where is it safe to cross? (E.1, E.2)							✓							
8. How do I use pedestrian lights? (E.2)									✓					
9. How do I cross the road safely? (E.2)									✓					
10. Why use seatbelts? (E.1, E.2)									✓					
<b>MEDICINES AND ME/PLAY IT SAFE</b>														
1. What happens when I am unwell? (E.1)	✓													
2. Who helps me when I am sick? (E.1)									✓					
3. How do we use medicines safely? (E.1, E.2)										✓				
4. How do my friends and I take medicines safely? (E.2)									✓					
5. What is safe and unsafe around the home? (E.3)										✓				
6. How do I help others stay healthy? (E.2, E.3)			✓						✓					
7. What equipment and rules keep me safe? (E.2)							●	✓			●			
8. How can I play safely? (E.1, E.2)							✓	✓						
9. How can I stay safe near water? (E.1)							✓	✓						
10. How can I keep safe on a farm and at home? (E.2)							✓	✓						

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Stage 1 (continued)	Self-Awareness		Social Awareness		Self-Management		Responsible Decision Making				Relationship Skills					
	Major Focus: ✓	Minor Focus: •	Identifying emotions	Recognising strengths	Perspective-taking	Appreciating diversity	Managing Emotions	Goal Setting	Analysing situations	Assuming personal responsibility	Respecting others	Problem solving	Communication	Building Relationships	Negotiation	Refusal
<b>MY BEAUT BODY</b>																
1. How do I use my senses to listen? (E.1)																
2. What are my body parts? (E.1)																
3. How strong am I? (E.1)																
4. How has my body changed? (E.2)																
5. How do I feel about changes in my life? (E.2)																
6. How am I unique? (E.1)																
7. How do I protect myself from disease? (E.1)																
8. How do I protect myself from the sun? (E.3)																
9. What is pollution? (E.3)																
10. How can pollution affect my health? (E.3)																
<b>PROTECTING ME</b>																
1. What things keep me healthy, happy and safe? (E.1)																
2. Why is it important to tell others how I feel? (E.1, E.3)																
3. What are warning signals? (E.1)																
4. How can I recognise safe and unsafe situations? (E.1)																
5. Who can I trust? (E.2)																
6. How can I protect myself? (E.1)																
7. When should people ask permission? (E.3)																
8. What can I do when I feel unsafe? (E.2, E.3)																
9. When are secrets unhappy? (E.1, E.2)																
10. Who will help me when I feel unsafe? (E.1, E.2, E.3)																
<b>STREET SENSE</b>																
1. When and where should I hold an adult's hand? (E.1)																
2. How should I cross the road? (E.1, E.2)																
3. How can I keep safe in a carpark or driveway? (E.1)																
4. Why should I wear a seatbelt correctly?(E.1)																
5. How should I enter and exit a car? (E.1)																
6. What rules apply to different modes of transport? (E.1)																
7. How can I cooperate with the driver on a long journey? (E.2)																
8. How can I help my friends and family to travel safely? (E.1, E.2)																
9. Where can I be safe on wheels? (E.1)																
10. Why is wearing a helmet important? (E.1)																
<b>WHO I AM</b>																
1. Who am I? (E.1)																
2. What are my qualities? (E.1)																
3. What are favourite things? (E.1)																
4. What are my basic needs? (E.3)																
5. What are my body's needs? (E.3)																
6. What do I belong to? (E.3)																
7. How do I feel? (E.2)																
8. How can I understand other's feelings? (E.2)																
9. How can I express my feelings? (E.2)																
10. How can I express my feelings appropriately? (E.2)																

## KidsMatter & PDH SEL Competency Overview

Stage 2		Self-Awareness		Social Awareness		Self-Management		Responsible Decision Making				Relationship Skills			
Major Focus: ✓	Minor Focus: ●	Identifying emotions	Recognising strengths	Perspective-taking	Appreciating diversity	Managing Emotions	Goal Setting	Analysing situations	Assuming personal responsibility	Respecting others	Problem solving	Communication	Building Relationships	Negotiation	Refusal
<b>ACTION PACKED</b>															
1. Who is healthy?(E.1)								✓							
2. What is health? (E.1,E.2)		●						✓							
3. What is a healthy lifestyle? (E.1,E.3)											●				
4. What is physical activity?(E.2,E.3)							✓	✓							
5. What is accumulated physical activity?(E.2)															
6. What are the long term effects of physical activity? ( E.1, E.2, E3)								[ ✓ ]							
7. What are the long term effects of physical activity? ( E.1, E.2, E3)								[ ✓ ]							
8. What is healthy eating? (E.1,E.3)							✓	●			●				
9. How does advertising affect my food choices? (E3)									●						
10. How does health and physical activity change with age? (E.1,E.2)															
<b>DRUGS AND ROAD SAFETY AFFECTS ME AND OTHERS</b>															
1. What are drugs and why do people use them? (E1)								●	●						
2. What type of medicines are there and how are they used? (E1,E2)									✓						
3. What is tobacco and how does it affect us? (E1,E2)									●				●		
4. What happens when people smoke near me? (E1,E2)												●		✓	
5. What do I think about smoking? (E1,E2)		✓													
6. What is alcohol and why may people choose to drink it? (E1,E2)															
7. How does alcohol affect people's behaviour? (E1,E2)									●		●				
8. How can I be a safe passenger? (E.3)															
9. Why are helmets important? (E.3)								●			●				
10. How can I cross the road safely? (E.3)								●			●				
OR															
Use the four lessons from the DET Message in a Bottle resource for part of Lessons 1-7, which focuses on alcohol education through a literary approach.															
1. What is the Message in a Bottle book about?				✓											
2. What is alcohol?															
3. You be the expert.								●			●				
4. Looking at labels.								●							
<b>DRUGS AFFECT ME/KEEPING SAFE AND HEALTHY</b>															
1. What is a drug? (E.1)															
2. What are medicines and who gives them to me? (E.1)											✓				
3. How do we store and use medicines safely in the home? (E.1)															
4. How does smoking affect us? (E.1,E.3)															
5. What can I do if someone is smoking near me? (E.1,)								✓	✓		●	●		✓	●
6. What are alcoholic drinks and what do labels tell us? (E.1, E.3)															
7. What effect does alcohol have on the body? (E.1,E.3)															
8. How can I keep my environment healthy? (E.2, E.3)															
9. How can help to protect the environment? (E.2, E.3)															
10. How can I assist in an emergency? (E.2)											●				

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<b>HAPPY HEALTHY AND SAFE</b>															
1. How can injuries be prevented? (E.2)															
2. Who influences my safety? (E.4)									●						
3. How can I be fire safe at school and at home? (E.2)									●						
4. How do I perform a dry rescue? (E.1,E.2)															
5. What materials are sun safe? (E.1,E.2,E.3)															
6. How are diseases transmitted? (E.2,E3,E.4)															
7. How can I minimise the risk of disease and illness? (E.2)							●		✓						
8. How can I minimise the risk of disease and illness? (E.2)							●								
9. What makes a healthy heart? (E.2, E.3, E.4)															
10. How do I respond in an emergency? (E.1,E.2,E.3,E.4)															
<b>ME AND MY MATES</b>															
1. What are my rights and responsibilities?(E.1,E.3,E.4)				✓	✓										
2. What are positive relationships and the benefits of belonging to a group? (E.1,E.2)				●	✓								✓		
3. What are my basic needs?(E.2)		✓				●									
4. What causes conflict?(E.1,E.3)				●	✓										
5. How do I respond to conflict?(E.3)		✓		●	●	✓								✓	
6. What is bullying/cyberbullying?(E.1,E.3)				●						✓					
7. How can I be a peace maker?(E.1,E.3)				●						●				●	
8. How can I express my feelings in an appropriate way?(E.4)		✓		✓						●		✓	●		
9. What makes a good friend?(E.1)			●							●		✓	●		
10. How do my peers influence me?(E.1,E.4)				✓	✓										
<b>ME MYSELF AND I</b>															
1. What are my personal strengths?(E.1)		●	✓												
2. What are feelings?(E.1,E.3)		✓				✓									
3. What is my personality like?(E.1)			✓												
4. How are girls and boys expected to act?(E.1)					●										
5. How have I changed?(E.2)															
6. How have I changed?(E.2)															
7. How do I cope with change?(E.3)		●	●			✓									
8. How do I cope with loss?(E.3)		●				✓									
9. What are my values?(E.3)								✓							
10. What does my family value? (E3)				✓	●										
<b>PROTECTING ME</b>															
1. What is a positive relationship?(E.2)					●							●			
2. What is trust in a relationship?(E.1,E.2,E.3,E.4)												●	✓		
3. What is bullying?(E.3,E.4)						✓	✓								
4. How can power be abused?(E.3,E.4)				●					●	✓					
5. What are safe and unsafe situations?(E.1)		✓													
6. What is physical abuse?(E.1,E.3,E.4)								✓							
7. What is sexual abuse?(E.2,E.3,E.4)															✓
8. What are the effects of abuse?(E.3,E.4)		✓													
9. How can I protect myself and others?(E.1,E.4)															●
10. How can I protect myself and others?(E.1,E.3,E.4)									✓						✓

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<b>Major Focus:</b> ✓	<b>Minor Focus:</b> •														
<b>SAFE T</b>															
1. Where is it safe to cross the road? (E.1)															
2. What do drivers think about children on or near roads? (E.1, E.2)								•							
3. What is a safe pedestrian and cyclist? (E.2)									✓						
4. Why is it important to click, clack, front and back? (E.1, E.2)									✓						
5. What rules are needed for bus safety? (E.2)								✓							
6. What rules are needed for bus safety? (E.2)															
7. Why is it important to ride or skate away from the road? (E.2,E.3)															
8. Why is it important to ride or skate away from the road? (E.2,E.3)															
9. How can I maintain my bicycle for safety? (E.3)															
10. How can my helmet protect me? (E.3)									•						

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<b>FIT FOR LIFE</b>																
1. How do my lifestyle choices affect my health? (E.1)					•											
2. How can I improve my lifestyle? (E.1)							✓				✓					
3. What are lifestyle risk factors? (E.1)											✓					
4. What are lifestyle risk factors? (E.1)																
5. What is physical activity? (E.2)																
6. What are the components of fitness? (E.2)								•								
7. How can fitness be measured? (E.2)																
8. How can I exercise safely? (E.2)							✓				•		✓			
9. How does diet contribute to a healthy lifestyle?(E.3)							✓									
10. Why are nutrients important for a healthy lifestyle? (E.3)					•	•										
<b>GROWING AND CHANGING</b>																
1. What is self-esteem & how does it affect what I value? (E.1)			•	✓												
2. How do I change during puberty? (E.2)					✓	•					✓					
3. How am I growing and changing? (E.2)						•	✓									
4. What are the changes for boys and girls? Part 1 (E.2, E.3)						•										
5. What are the changes for boys and girls? Part 2 (E.2, E.3)											✓					
6. How are boys and girls expected to act? (E.2)																
7. What is safe and unsafe touching? (E.1, E.3)									✓	✓	✓					✓
8/9. How can I be cyber smart? (E.1, E.3)								✓								
<b>I LIKE ME</b>																
1. How am I similar and different to others? (E.1)			•	•		✓							✓			
2. What are my strengths and achievements? (E.1)			✓	✓												
3. What factors impact on my body image? (E.1,E.2, E.3)			✓			•	✓									
4. How do I feel in different situations? (E3, E4)							✓									
5. How does my body grow and change? (E.2)											✓					
6. What happened before I was born? (E.2)																
7. How does puberty begin? (E.2, E.4)																
8. What's happening for the boys and the girls? (E.2, E.3, E.4)					✓	✓										
9. How do I cope with physical change? (E.3, E.4)														✓		
<b>KEEPING MYSELF SAFE AROUND DRUGS</b>																
1. What is a drug? (E.1, E.2)																
2. What are the rules for taking medicine? (E.1, E.2)										✓						
3. Why do people smoke? (E.1, E.2)																
4. What effects can smoking have on us? (E.1, E.2)																
5. Why do we have smoke-free places?(E.1, E.2)							•				•					
6. How can we say No to smoking? (E.1, E.2, E.3)												✓				✓

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Stage 3 (continued)	Self-Awareness		Social Awareness		Self-Management		Responsible Decision Making				Relationship Skills			
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<b>KEEPING MYSELF SAFE ON THE ROAD AND IN WATER</b>														
1. What is safe travel behaviour and how can I travel safely? (E.1)										✓				
2. What actions and environments increase risks when I travel? (E.1)							✓				●			
3. How can I respond assertively to negative peer pressure? (E.1, E.2))					✓			●						
4. Why is route planning important? (E.1, E.2)										●				
5. What protective gear is compulsory? (E.1, E.2)														
6. How can the media help to promote safe travel behaviour? (E.2)														
7. How can I improve road safety in my school community? (E.1, E.2)						●					●			
8. How can I keep safe around water? (E.1, E.2)							✓			✓				
9. How do I respond to an emergency situation? (E.1, E.2)										✓				
<b>MAKING DECISIONS ABOUT DRUGS</b>														
1. What is a drug? (E.1)														
2. How does advertising affect our drug use?(E.2)														✓
3. What may be the consequences of drinking alcohol?(E.1, E.2)							[ ✓ ]	[ ✓ ]						
4. What may be the consequences of drinking alcohol? (E.1, E.2)							[ ✓ ]	[ ✓ ]						
5. How is alcohol portrayed in the media? (E.2)							✓							
6-8. What is the 'Message in a Bottle' about? (E.1, E.2)			✓											
9-10. What do I know about cannabis? (E.1, E.2)														
<b>PERSONAL POWER</b>														
1. What are positive relationships? (E.1)												✓		
2. How can power be used responsibly? (E.1)			●					✓	✓					
3. How can boys and girls use power? (E.2)										✓				
4. How can I keep my relationships safe? (E.1, E.2, E.3)														✓
5. How should I respond to coercion? (E.1, E.2)		●											✓	
6. What is bullying? (E.1, E.2)			✓						✓					
7. What is abuse? (E.2)			●											
8. How do I recognise sexual abuse? (E.2, E.3)							✓	✓		●				
9. How do I identify and respond to risky situations? (E.3)								●				✓		
10. How do I create personal safety plans? (E.3))										●				
<b>YOU ME AND US</b>														
1-2. What are rights and responsibilities? (E.1)								●			✓			
3. How does my family meet my basic needs? (E.2)			●							✓				
4. What makes a good friend? (E.3)		●		●								✓		
5. What is power in relationships? (E.3)								●	✓					
6. How do I cope with conflict? (E.3)					✓							✓	✓	
7. How can I be a peace maker?(E.4)				✓					✓			✓	✓	
8. How can I cope with life changes? (E.4)	✓				✓									
9-10. How can we be Cybersmart? (E3, E4)								✓	✓					●