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| 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** |
| **ACTION PACKED** |   |   |   |   |   |   |   |   |   |   |   |   |  |  |
| 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) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **DRUGS AND ROAD SAFETY AFFECTS ME AND OTHERS** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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. |  |  |  |  |  |  | ⚫ |  |  |  |  |  |  |  |
| **DRUGS AFFECT ME/KEEPING SAFE AND HEALTHY** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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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| **Stage 2 (continued)** | **Self-Awareness** | **Social Awareness** | **Self-Management** | **Responsible Decision Making** | **Relationship Skills** |
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| **HAPPY HEALTHY AND SAFE** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ME AND MY MATES** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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) |  |  | **✓** | **✓** |  |  |  |  |  |  |  |  |  |  |
| **ME MYSELF AND I** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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) |  |  | **✓** | ⚫ |  |  |  |  |  |  |  |  |  |  |
| **PROTECTING ME** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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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| **SAFE T** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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) |  |  |  |  |  |  |  | ⚫ |  |  |  |  |  |  |