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| **KidsMatter & PDH SEL Competency Overview** |
| **Stage 3** | **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** |
| **FIT FOR LIFE** |   |   |   |   |   |   |   |   |   |   |   |   |  |  |
| 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) |  |  | ⚫ | ⚫ |  |  |  |  |  |  |  |  |  |  |
| **GROWING AND CHANGING** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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) |  |  |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| **I LIKE ME** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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) |  |  |  |  |  |  |  |  |  |  |  | **✓** |  |  |
| **KEEPING MYSELF SAFE AROUND DRUGS** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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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| **KEEPING MYSELF SAFE ON THE ROAD AND IN WATER** |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 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) |  |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |
| **MAKING DECISIONS ABOUT DRUGS** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **PERSONAL POWER** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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)) |  |  |  |  |  |  |  |  |  | ⚫ |  |  |  |  |
| **YOU ME AND US** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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) |  |  |  |  |  |  |  | **✓** | **✓** |  |  |  |  | ⚫ |