

K-12 CONFIDENT LIVING AND RESPECTFUL BEHAVIOURS FRAMEWORK

At Oxford Falls Grammar, we stand For Greatness, For Excellence, For Christ. We want our students (aged 5-18 years) to be well-rounded and productive members of society who are confident in life and know how to engage in respectful relationships. Our programs are diverse, age-appropriate and are threaded throughout multiple layers of daily school life.

The core of living confidently and having respectful relationships lies in our Christian foundation and in the development of Christian character, virtue and personal values, as summarised in the fruits of the Spirit: *love, joy, peace, patience, kindness, gentleness, goodness, faithfulness and self-control.* (Galatians 5)

Our Chapel and Christian Studies programs and our culture as a Christian school are central to encouraging and challenging our students to come to an understanding of who they are, and how to treat others with dignity, respect and grace.

This is not a static program but one which changes and evolves to meet need.

YEAR	FRAMEWORK
Early Stage 1 - Kindergarten	<ul style="list-style-type: none"> • <u>PDHPE Program</u>: social and emotional learning, relationships and emotions, safe living, protective strategies, how to be a good friend. • Healthy Harold (external provider) programs. • <u>Wellbeing Program</u>: Unpacked by class teachers: skills for being a good friend, negotiation and respecting boundaries, National Day Against Bullying program, Christian daily devotions sessions.
Stage 1 - Year 1 Year 2	<ul style="list-style-type: none"> • <u>PDHPE Program</u>: social and emotional learning, relationships and emotions, safe living and child protection (understanding of privacy, understanding their own and others' bodies parts are private, distinguishing between appropriate and inappropriate touch, consent, identifying the body's reaction to different situations), how to be a good friend. • Healthy Harold (external provider) programs and Bounceback programs (external programs run by teachers). • <u>Wellbeing Program</u> – Unpacked by class teachers: skills for being a good friend, negotiation and respecting boundaries, National Day Against Bullying program, R U OK Day, Christian daily devotions sessions.

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Stage 2 - Year 3 Year 4	<ul style="list-style-type: none"> • <u>PDHPE Program</u>: listening skills, respectful relationships, communication and how to have positive relationships with others, social and emotional learning, learning about relationships and emotions, safe living and child protection (identifying rights and responsibilities, what is appropriate and inappropriate touch, consent, trusted adults, describing the body's reaction to different situations, describing behaviours that show respect for others) and team building. • <u>Wellbeing Program</u> – Unpacked by class teachers; skills for being a good friend, negotiation and respecting boundaries, National Day Against Bullying program, R U OK Day, Cyber safety programs, Team building and healthy relationships with Crusaders (Year 3 external program), Christian daily devotions sessions. • <u>School Camps</u>: <ul style="list-style-type: none"> • Year 3 camp: building positive relationships and team building • Year 4 camp: incorporating outdoor experiences fostering positive relationships, team building, mutual respect and stepping outside comfort zones.
Stage 3 - Year 5 Year 6	<ul style="list-style-type: none"> • <u>PDHPE Program</u>: respectful relationships, communication, boundaries and personal space and how to have positive relationships with others. Students participate in team building, child protection and Interrelate programs (external provider: recognising and understanding types of changes, privacy, boundaries, appropriate vs inappropriate touch, consent, describing supportive and caring relationships) and discussing safe living, how to recognise and respond to harassment, discrimination, abuse. Students learn to describe protective actions to develop respectful relationships and identify skills to address the abuse of power in relationships. • <u>Wellbeing Program</u> – Unpacked by class teachers; skills for being a good friend, negotiation and respecting boundaries, National Day Against Bullying program, R U OK Day, Cyber safety programs, Team building and healthy relationships with Crusaders (Year 5 external provider), Christian daily devotions sessions. • <u>School Camp</u>: <ul style="list-style-type: none"> ○ Year 5 camp: building positive relationships with outdoor experiences for team building, mutual respect and stepping outside comfort zones. ○ Year 6 camp: positive relationships and team building within the Year group, building resilience, independence and respect for others.
Year 7	<ul style="list-style-type: none"> • <u>PDHPE Program</u>: respectful relationships, communication and how to have positive relationships with others. • <u>Wellbeing Program</u> – Unpacked in Mentor groups; skills for being a good friend, National Day Against Bullying program, Brainstorm Productions (external provider) Seminar on Cyber Safety and appropriate use of technology and social media.

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	<ul style="list-style-type: none"> • <u>School Camp</u>: Outdoor expedition building positive relationships, team building and engagement within the Year Group and moving safely outside comfort zones.
Year 8	<ul style="list-style-type: none"> • <u>PDHPE Program</u>: <ul style="list-style-type: none"> • “Same, Same but Different” program: diversity, discrimination, and health inequalities. • “Do I or Don’t I?” program: health issues affecting men and women and their impact on Wellbeing; norms, stereotypes and expectations and how they influence health; investigating the influence of risk taking behaviours and assessing the impact on our lives. • <u>Wellbeing Program</u> – Enlighten Education (external provider) full day program for girls and boys, inc half day program for boys with Jack Ellis (resilience, character, stereotypes) and then team building and life skills. Girls’ topics: empowering young women, body image, social media, being a positive friend and role model. • Cyberbullying – Resource “Tagged” eSafety program run in Mentor groups. • RUOK day – Reach Out resource unpacked in Mentor groups. • Visit by Legal Aid (external provider) – Cyber Safety, social media, partying safely, drug and alcohol education. • Brainstorm Presentation (external provider) – “The Hurting Game” (interactive theatre production) with an antibullying message. • Sleep and Screen Time – do’s and don’ts. • <u>School Camp</u> – Outdoor expedition focusses on team building, mutual respect, self confidence and stepping outside comfort zones.
Year 9	<ul style="list-style-type: none"> • <u>PDHPE Program</u> – “Up Close and Personal” program which teaches healthy relationships, conflict resolution, respectful tolerance and peer pressure. • <u>Wellbeing Program</u> <ul style="list-style-type: none"> • “The Butterfly Effect” (external program) girls only: connectedness, girlfriend issues, social and body images, being strong and independent women, sexualisation of women in the media and empowerment. • “Goodfellas” (external program) boys only: busting the myth of men being superheroes, treating women respectfully, social media, opening up and speaking up about their feelings. • Connection – Peer Dynamics presentation by “Reach Out” (external provider), to encourage mutual respect, empathy, awareness of self and others. • Texting and Social Issues – “Young + eSafe” video series in Mentor groups • <u>School Camp</u> – Urban Challenge: team building, real challenges that require respect, initiative and teamwork. Building confidence and independence outside comfort zone.

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Year 10	<ul style="list-style-type: none"> • <u>PDHPE Program</u> – “No Filter” unit which covers the power of the media and its influence on individual sense of self. Risks and alcohol, and supporting your own and others’ safety. • <u>Wellbeing Program</u> – “Breaking the Man Code” (external provider) workshop – aims to question the rules of masculinity, creating space for real and honest conversations. Presented by Tomorrow Man Productions. • Choiceez Seminar – Full day interactive seminar presentation by YourChoiceez (external provider): preparing and educating young people to make positive and healthy choices around the topics of sex, dating and relationships in a non-judgemental empathetic and empowering way. • Media – “Turning Taboo Topics into Everyday Conversations.” How do students find, build and navigate healthy and safe relationships in a digital era? Unpacking themes of appropriate social media use, sexting, online pornography and other concerning behaviours. Presentation delivers content to all Year 10 collectively with the second half of the day boys and girls split to discuss themes and issues specific to gender. • <u>School Camp</u> – Urban Challenge with Community Service Program focus: team building, real challenges that require respect, initiative and teamwork. Building confidence and independence outside comfort zone.
Year 11 & 12	<ul style="list-style-type: none"> • <u>Wellbeing Program</u> – Mental Wellness – “Reach out before you freak out” – Black Dog Institute resource in Mentor groups. • <u>Enlighten Education Seminar (external provider)</u> – Presentation on personal safety, setting boundaries, safe partying, handling inappropriate text messages, managing conflict and using the internet safely. The workshop focuses on what’s right and what’s not right and how to tell the difference. • Mentor Groups and Year Meetings addressing a number of contemporary topics. • National Day Against Bullying. • RUOK Day. • Legal Aid (external provider) Seminar: Rights and Responsibilities regarding social media, partying safely and general legal rights and responsibilities for young people. • School Camps <ul style="list-style-type: none"> • Yr 11 Camp: Study Skills and preparing for HSC. • Yr 12 Camp Retreat: preparing for life beyond OFG.