Relate Respect Connect

Levels 5 and 6

Explores building positive, safe and respectful relationships.

- understanding how to respect ourselves and others
- identifying characteristics of positive relationships
- strategies to help maintain positive online and offline relationships
- strategies to respond to unsafe or disrespectful situations online and offline
- the importance of relationships to our own and others wellbeing

Skills

- Interpersonal skills
- Self-management skills

Content strands

- Health, wellbeing and relationships
- Healthy, safe and active lifestyles

Contexts for learning

- Personal identity & relationships
- Mental health and wellbeing

Key inquiry questions

- How do empathy, inclusion and respect have on impact on myself and others?
- What actions positively influence health, safety and wellbeing of my community?

LEVEL	CURRICULUM AREA	STRANDS	SUB-STRANDS	CONTENT DESCRIPTIONS
Levels 5 and 6	Health and Physical Education	Personal, Social and Community Health	Being healthy, safe and active	Plan and practise strategies to promote health, safety and wellbeing [VCHPEP108]
			Communicating and interacting for health and wellbeing	Investigate community resources and strategies to seek help about health, safety and wellbeing [VCHPEP107] Examine the influence of emotional responses on behaviour, relationships and health and wellbeing [VCHPEP110]
			Contributing to healthy and active communities	Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities [VCHPEP112] Investigate how celebrating similarities and differences can strengthen communities [VCHPEP114]
	Personal and Social Capability	Self-Awareness and Management	Relationships and diversity	Describe the characteristics of respectful relationships and suggest ways that respectful relationships can be achieved [VCPSCSO031]
			Collaboration	Describe the various causes of conflict and evaluate possible strategies to address conflict [VCPSCSO033]