WSC- Year 10
Physical Education for Boys and Girls

Topic 1: Be Yourself

Workbook

Name:
General Physical Education – BOYS and GIRLS

Course Content: This unit will provide students with an insight into the following key areas: Personal, Social and Community Health. The course content and practical activities will specialise in issues relevant to Year 10 students with the scope to provide gender specific discussion and activities.

Semester 1 – Personal, Social and Community Health

Theory Component:
Be Yourself: Identity
Dimensions and Determinants of Health
Mental Health (including promotion)
Resilience and Coping Skills/Networks of Support

Party Safe: Drug Education
Safe Practices and Harm Minimisation
Performance Enhancing Substances

Connecting with Others: Relationships
Healthy Relationships
Sexual Health and safety
Sexual Identity

Practical Component:
Practical lessons will include a range of games and sports that promote participation as well as offer options to experience diverse physical activities not commonly undertaken in everyday life. Including Netball, Aussie 9s, Tchoukball

Assessment: Each student will be assessed according to progress in practical sessions and satisfactory completion of the work requirements of the theoretical component. A minimum of 80% participation in practical sessions is required for satisfactory completion of the course.
What’s in a name?

Research the meaning of your name, the definition, where it came from. Include pictures that represent the name: coat of arms, countries flag, along with things that make up you.............
Cyber bullying in Australia: How parents can stop bullies from thriving online

ALEKS DEVIC, Herald Sun
January 20, 2018

ONE in five children were cyber bullied last year and Australia’s eSafety commissioner says “it’s not a matter of if, it’s a matter of when” children will be subjected to online hate.

The stark figures from the Office of the eSafety Commissioner reveal the bullying included social exclusion, being called names or having mean things said about them, having lies or rumours spread about them, receiving repeated unwanted messages, being sent inappropriate content, and receiving violent threats.

Parents are urged to collect screenshots for evidence and encourage their children to take action, including reporting any offensive posts to the host site. The devastating impact of cyber bullying has been in the spotlight again after the suicide of 14-year-old Dolly Everett this month.

ESafety commissioner Julie Inman Grant said just as parents navigated their children through the perils of the real world, they needed to do the same for their online lives.

“We need to help our young people build the resilience, courage and strength to cope with what they may experience online — sadly, it’s not a matter of if, it’s a matter of when they will encounter negative online behaviour,” she said.

“As parents, we need to be instilling the importance of respect and responsibility when we hand over digital devices to our kids and we need to be modelling that same behaviour both online and offline.”

Beyondblue chief executive Georgie Harman said bullied people may display traits of low mood, withdraw from social situations, seem tired and irritable, and resort to “unhelpful coping strategies” like drugs or alcohol.

“If you notice these or other significant changes, talk to the person you’re concerned about, discuss the changes you have noticed and why these changes worry you,” she said. “Let them know you are there to listen and to support them.” Anti-bullying advocate Oscar Yildiz said parents needed to get children to stand up for themselves.

“When the kids stand up say ‘enough is enough’, the message might finally get through,” he said.
BEAT THE BULLIES

- Ask them to stop
- Walk away or ignore them
- Report the abuse
- Focus on looking after yourself
- Help the person who is being bullied to go somewhere safe
- Talk to an adult you trust
- Have someone help you report cyber-bullying or assault
- Report cyber bullying to the Office of the eSafety Commissioner at esafety.gov.au

Sources: beyondblue, Kids Helpline, Bully Stoppers

KEY PHONE NUMBERS

- Kids Helpline 1800 551 800
- beyondblue 1300 224 636
- Lifeline 131 114
Beat Cyber Bullies- article analysis

1. According to the Off of the eSafety Commissioner, how many children were cyber bullied in 2017?

2. What type of bullying were the children subjected to?

3. What traits are bullied people more likely to display?

4. What can you do if you notice these changes in someone?

5. List 5 steps that you could take to “Stop Hate.”

6. List 3 key contacts and their numbers for places you can go to for help
   - 
   - 
   - 
1. In the beginning of the film, who has the greatest influence on Willie’s Person Identity? __________________________________________________________

2. A) What are Willie’s “Likes and Dislikes?”
____________________________________________________________________
____________________________________________________________________

B) What aspect of Personal Identity does this refer to?
____________________________________________________________________

3. What values is Willie wrestling with as he starts to become more independent?
____________________________________________________________________
____________________________________________________________________

4. How has Willie changed from “.....a little boy” from the beginning of the movie to the end?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

5. What ‘Things” does Willie want? Explain how by achieving these things it can have a positive impact on your personal identity.
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
**Dimensions of Health and Me!**

In the table below:

- give examples of things that you currently do well in your life that relate to each dimension of health (you may need to refer back to the examples in your book).

- give examples of things that you could do to improve each dimension of health.

<table>
<thead>
<tr>
<th>Health Dimension</th>
<th>What I currently do well</th>
<th>What I could do to improve</th>
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<tbody>
<tr>
<td>Physical</td>
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<td>Mental</td>
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<td>Emotional</td>
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<td>Social</td>
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<td>Spiritual</td>
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Mental Health Promotion for Young People

By yourself or in pairs, create a Brochure/Powerpoint/Flyer that promotes mental health for young people.

The promotion should include the following information

1. **Mental health**- definitions, statistics

2. **Signs and symptoms**- make a list of signs and symptoms associated with mental health illnesses

3. **Resilience**- what is resilience
   - why is it important to have resilience?
   - personal strengths and characteristics shown by resilient people

3. **Good mental health practices**- ways that people can develop good everyday practices to enhance their mental health eg. Adequate sleep

4. **Stigma**- define the word stigma, how it can impact on an individual’s mental health and ways to help destigmatise mental health

5. **Where to get help?** - Create a list of Programs, Places, People where young people can go to get help.
   - Select one in particular and provide information about what they do, contact details, who should access them.

6. **Bibliography**- put down all the sites, books etc used to get your information. Do it from the start so you don’t have to go back and try and remember.

Due Date: ____________________________

MAKE IT EYE CATCHING AND ENJOY!
HEALTH AND PHYSICAL EDUCATION FOR GIRLS AND BOYS

GEMMA DELLAMINA | BE YOURSELF | SEMESTER

Each task will be given a due date that you will need to fill in.

When each assessment piece has been completed tick it off in the box below.

Once it has been corrected I will initial it.

When the booklet is completed it will need to be handed in.

Assessment will be made up of each topics booklet, a topic test and end of semester exam.

STUDENT NAME: _____________________________________________

<table>
<thead>
<tr>
<th>TASK</th>
<th>DUE DATE</th>
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<th>INITIALS</th>
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<td>Beat Cyber Bullies- Article analysis</td>
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<td>Bran Nue Dae- Movie review</td>
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<td>Dimensions of Health and me!</td>
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<td>Mental Health Promotion for Young People-</td>
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<td>Brochure etc.........................</td>
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<td>Topic Test</td>
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