



01

Module: Personal Care

- a. establish and manage a daily routine, including times of transition
- b. explore ways to support their personal health and wellbeing including physical activity, nutrition, sleep, social connections and hobbies
- c. describe personal hygiene routines and demonstrate increased responsibility for personal care
- d. recognise positive and negative peer influence, both online and in person and demonstrate an appropriate response
- e. recognise rights, responsibilities and protections before the law as they grow into adulthood
- f. communicate in a respectful and effective manner
- g. demonstrate sharing and turn taking in different contexts
- h. communicate needs and wants assertively and respectfully
- i. demonstrate refusal skills appropriately and effectively
- j. demonstrate how to address disagreements respectfully
- k. describe their emotions and recognise the link between thoughts, feelings and behaviours
- l. recognise helpful and unhelpful thinking patterns and behaviours and explore helpful ways of responding to and managing thoughts, feelings and behaviours
- m. recognise sensory overload and identify ways of responding
- n. explore ways of managing stress and anxiety
- o. recognise and appreciate their own unique identities
- p. explore the range of relationships that are important to them and ways to nurture these
- q. demonstrate the skills needed for healthy relationships, both in person and online, including communicating respectfully, managing emotions, respecting boundaries
- r. recognise examples/situations where people are treated unfairly or experience exclusion and identify helpful responses
- s. recognise what sexual activity is, in the context of an adult healthy, respectful relationship
- t. appreciate the need to give and receive consent in the context of all interpersonal relationships, including within an adult sexual relationship
- u. explore ways to support their sexual health
- v. identify places and/or situations where they do and don't feel safe and demonstrate skills for assessing and avoiding risks
- w. discuss ways to manage scenarios where they may feel pressure to engage in unhealthy or harmful behaviours
- x. identify ways in which substance use can impact on physical, social and emotional health
- y. understand the consequences, including legal consequences, of accessing or sharing sexually explicit material
- z. recognise health services and supports available locally and online and demonstrate how to access them