

Year 8 Wellbeing, Health, Awareness and Management (WHAM)

Semester 2 Course Outline

This semester is divided into two major units. Term 3 will focus on relationships. Students will apply personal and social skills to establish and maintain respectful relationships that promote safety and inclusivity. In Term 4, students will focus on risk-taking behaviour and minimising risk as well as enhancing their own, others' and the community's safety. The learning will also develop students' self-awareness and self-management as they learn how to identify indicators of possible problems in relationships and social settings; how to effectively communicate these problems to others; and resolve conflicts in relation to these matters.

The Personal and Social Capabilities focus for this semester include:

- Identify indicators of possible problems in relationships in a range of social and work related situations.
- Analyse enablers of and barriers to effective verbal, nonverbal and digital communication.
- Assess the appropriateness of various conflict resolution strategies in a range of social and work-related situations.

Learning Outcomes

Students will be assessed on the following Learning Outcomes:

- HEALTH (1070) - Investigates strategies and practices that enhance own, others, and community health, safety and wellbeing.
- HEALTH (1073) - Applies personal and social skills to establish and maintain respectful relationships and promote safety, fair play and inclusivity.
- HEALTH (1074) - Demonstrates skills to make informed decisions, and proposes and implements actions that promote own and others' health, safety and wellbeing.

Student progression in Self-Management and Self-Awareness Elements will also be reported through the following:

- Appreciates different points of view
- Develops respectful relationships
- Negotiates and resolves conflicts
- Recognises and expresses emotions appropriately

Assessment Tasks

Students will be assessed on their participation and completion of classwork and assessment tasks.

Task	Week Due*
Gratitude and Reflection Journals	Ongoing
Classwork	Ongoing
Relationships Task	Term 3, Week 9
Risk Minimisation Task	Term 4, Week 8

*Due dates are an estimate only