

Year 9 Wellbeing, Health, Awareness and Management (WHAM)

Semester 1 Course Outline

In term 1, students will investigate the potential consequences of sexual activity and decision making regarding sexual health. Students investigate the characteristics of positive, respectful relationships and consent. They evaluate different social contexts and develop empathetic and ethical strategies to promote safe and healthy decision making.

In term 2, students will explore the responsibilities and skills that connect learning to future aspirations and career pathways. They will identify their learning styles and intelligence strengths, incorporating this knowledge for setting goals using SMART goal strategies. Students will learn about and practice the different ways we communicate effectively.

The Personal and Social Capabilities focus for this semester include:

- Establish personal priorities, manage resources effectively and demonstrate initiative to achieve personal goals and learning outcomes.
- Evaluate the effectiveness of commonly used learning strategies and work practises and refine these as required.
- Reflect on feedback from peers, teachers and other adults, to analyse personal characteristics and skill set that contribute to or limit their personal and social capability.
- Formulate plans for effective communication (verbal, nonverbal, digital) to complete complex tasks

Learning Outcomes

Students will be assessed on the following Learning Outcomes:

- HEALTH (1078) - Critically analyses contextual factors that influence identities, relationships, decisions and behaviours
- HEALTH (1080) - Evaluates the outcomes of emotional responses to different situations
- HEALTH (1085) - Applies decision-making and problem-solving skills when taking action to enhance own and others' health, safety and wellbeing.(1085)
- CAREERS (ACWSCL013) - Recognise the importance of self awareness in career and life design

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

- Managing time effectively
- Work independently and show initiative
- Seeks assistance when required
- Recognise and expresses emotions appropriately
- Works toward learning goals

Assessment Tasks

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

Task	Week Due*
Classwork - group work, class discussions, individual activities	Ongoing
My body, My Choice Assignment	Term 1, Week 9

*Due dates are an estimate only

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