

# Wellbeing

## **Wellbeing-** One Term

The purpose of the Year 7 Wellbeing program is to ensure the Child Protection Curriculum is explicitly taught with the key focus areas being: The right to be safe; Relationships; Recognising and reporting abuse; Protective strategies. The second component of the program is based on the lesson materials that teach and reinforce brain development, resilience, gratitude, mindfulness and emotional literacy. Lesson materials have been crafted to ensure students engage in order to learn critical skills and knowledge concerning contemporary issues impacting young people. The program is designed to be informative providing students with opportunities to discuss and research social and emotional issues with the view to also providing opportunities to practise techniques to improve the quality of their own lives. This program aligns with the Child Protection Curriculum. It also aligns with the Personal, Social and Community Health content from the Health and Physical Education Australian Curriculum.