

**Raywood Primary School**

18-22 Sandhurst St, Raywood

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Resilience Rights and Respectful Relationships at Raywood Primary School

At Raywood Primary School we take a whole-school approach to the Resilience, Rights and Respectful Relationships Program. The main focus of this program is to embed a culture of respect and equality throughout our entire school community- from our classrooms, to our staffrooms, grounds and social events. By adopting this approach we strive to positively impact our students' academic outcomes, mental health, classroom behaviour and relationship with each other and their teachers.

Below is an outline of the nine main topics which are covered over a two-year period. Each topic builds upon the content of the one previously covered. It is understood by the teachers that students from different backgrounds and in different year levels will engage with the content differently and bring a range of understanding and experiences with them.

TOPIC ONE: Emotional Literacy

What are emotions?

What do emotions look and feel like?

Emotions I can have in different scenarios.

Expression of my emotions and the emotions of others.

Zones of Regulations.



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TOPIC TWO: Personal Strengths

What are personal strengths?

What are my personal strengths?

TOPIC THREE: Values

What are values?

What do I value?

How do my values differ from others?

What are our school values?

TOPIC FOUR: Positive Coping

Revisit Zones of Regulation

Ready To Learn Continuums

Strong Emotions

Taming Angry Feelings

Apologies

TOPIC FIVE: Problem Solving

What is a problem?

Big Problems vs Small Problems (and those in between)

Strategies for Solving Problems

Who can I share my problems with?

TOPIC SIX: Stress Management

What is stress and what are stressors?

Calming and Coping Strategies

Relaxation and Lifting the Mood



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TOPIC SEVEN: Help Seeking

Who do I trust?

Where can I get help?

Role Plays for Seeking Help

TOPIC EIGHT: Gender and Identity

Gender Norms and Stereotypes

Traditional and Modern Gender Roles

What Gender and Identity Means to Me

Human Rights

TOPIC NINE: Positive Gender Relations

What is violence?

Gender Based Violence

Rights and Responsibilities

Respect in Action

Asking for Help

The resources used to teach these concepts may come from a range of sources with the main ones used being those found in the Resource Kit for Victorian Schools.

<file:///C:/Users/02354574/Downloads/RRRRIntro.pdf>

<file:///C:/Users/02354574/Downloads/RRRR%20Foundation.pdf>

[file:///C:/Users/02354574/Downloads/RRRR1and2%20\(1\).pdf](file:///C:/Users/02354574/Downloads/RRRR1and2%20(1).pdf)

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