

Senior Victorian Curriculum Mapping

SKILL CATEGORY	TOPICS COVERED	LESSON
Emotional Literacy (Coping Skills)	What is resilience?	1, 2
	Stress	3, 4, 5, 6
	Youth mental health	7
	Help-seeking	8, 9
	Technology and mental health	10, 11
Empathy (Social Skills)	Kindness to others	12, 13, 14
	Problem-solving	15, 16, 17
	Communication	18
School Skills	Time management	19
	Exam pressure and managing exam anxiety	20
	Study skills and techniques	21, 22
Gratitude	Explicitly taught in these lessons	23, 24
Mindfulness	Explicitly taught in these lessons	25, 26
Aboriginal & Torres Strait Islander Histories & Cultures	Some or all elements may be covered in these lessons	4, 9, 13, 18, 19, 22, 24, 25

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Aboriginal & Torres Strait Islander Histories & Cultures Overview

History

- Intended and unintended causes and effects of contact and extension of settlement of European power(s), including Aboriginal and Torres Strait Islander peoples ([VCHHK134](#))
- Continuity and change for Aboriginal and Torres Strait Islander peoples in securing and achieving civil rights and freedoms in Australia ([VCHHK156](#))
- Causes of the struggle of Aboriginal and Torres Strait Islander peoples for rights and freedoms before 1965 ([VCHHK152](#))
- Effects of methods used by civil rights activists to achieve change for Aboriginal and Torres Strait Islander peoples, and the role of one individual or group in the struggle ([VCHHK155](#))
- Significance of the following events in changing society: 1962 right to vote federally, 1967 Referendum, Reconciliation, Mabo decision, Bringing Them Home Report (the Stolen Generations), the Apology and the different perspectives of these events ([VCHHK154](#))

Geography (covered in Lessons 8, 12, 19, 27, 34, 37, 38, 42)

- Aboriginal and Torres Strait Islander peoples' approaches to custodial responsibility and environmental management in different regions of Australia ([VCGGK148](#))
- Land and resource management strategies used by Aboriginal or Torres Strait Islander peoples to achieve food security over time ([VCGGK137](#))
- Different ways of measuring and mapping human wellbeing and development, and how these can be applied to measure differences between places ([VCGGK152](#))

Civics and Citizenship

- Explain how Australia's international legal obligations shape Australian law and government policies, including in relation to Aboriginal and Torres Strait Islander peoples ([VCCCL032](#))

Health and Physical Education

- Plan and evaluate new and creative interventions that promote their own and others' connection to community and natural and built environments ([VCHPEP150](#))

Visual Arts

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- Analyse, interpret and evaluate a range of visual artworks from different cultures, historical and contemporary contexts, including artworks by Aboriginal and Torres Strait Islander peoples to explore differing viewpoints ([VCAVAR046](#))

Visual Communication Design

- Analyse and evaluate the use of methods, media, materials, design elements and design principles in visual communications from different historical, social and cultural contexts, including presentations by Aboriginal and Torres Strait Islander peoples ([VCAVCDR011](#))

Drama

- Analyse a range of drama from contemporary and past times, including the drama of Aboriginal and Torres Strait Islander peoples to explore differing viewpoints and develop understanding of drama practice across local, national and international contexts ([VCADRR046](#))

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Lesson	Skill Category	Topics Covered	Lesson Title	Learning Intention
1	Coping Skills	What is resilience?	What is resilience anyway?	<ul style="list-style-type: none"> Students will start to understand the concept of resilience. Students will evaluate their current level of resilience.
2	Coping Skills	What is resilience?	Looking back at resilience	<ul style="list-style-type: none"> Students will explore how others have been resilient. Students will reflect on their own past resilience.
3	Coping Skills	Stress	What's ahead?	<ul style="list-style-type: none"> Students will work in collaboration to identify potential challenges ahead. Students will work in collaboration to identify things they are looking forward to.
4	Coping Skills	Stress	Stress self-reflection	<ul style="list-style-type: none"> Students will understand what stress is and how it can be useful. Students will reflect on how they manage stress.
5	Coping Skills	Stress	Stress	<ul style="list-style-type: none"> Students will explore stressors in their own life.
6	Coping Skills	Stress	Coping with stress	<ul style="list-style-type: none"> Students will discover coping strategies to deal with life stressors.
7	Coping Skills	Mental health	Mental health in Australia	<ul style="list-style-type: none"> Students will gain an understanding of youth mental health in Australia. Students will develop empathy for those impacted by mental ill health.
8	Coping Skills	Help-seeking	Help Seeking	<ul style="list-style-type: none"> Students will discuss barriers to young people seeking help. Students will explore avenues for help-seeking. Students will reflect on their personal support network.
9	Coping Skills	Help-seeking	Where to go?	<ul style="list-style-type: none"> Students will investigate services for young people that are available in the community.
10	School Skills	Time Management	My timetable	<ul style="list-style-type: none"> Students will practise time management by developing a weekly routine.
11	Coping Skills	Technology and mental health	Screen time	<ul style="list-style-type: none"> Students will understand the impacts of too much screen time. Students will reflect on their own screen time. Students will set boundaries around their usage.

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12	Coping Skills Social Skills	Supporting friends Kindness to others Building empathy for others	Give a little love, get a little love	<ul style="list-style-type: none"> Students will discover the positive impacts of helping others.
13	Social Skills	Kindness to others Building empathy for others	Kindness challenge	<ul style="list-style-type: none"> Students will explore ways they can show kindness to others.
14	Coping Skills Social Skills	Supporting Friends Kindness to others Building empathy for others	More is said than done	<ul style="list-style-type: none"> Students will reflect on the concept of actions being more powerful than words. Students will connect with the resilience shown by Neale Daniher in his battle with motor neurone disease.
15	Social Skills	Problem-solving	Problem-solving	<ul style="list-style-type: none"> Students will reflect on their approach to problem-solving. Students will compare problem-solving on their own and as a team.
16	Social Skills	Problem-solving	Know the problem	<ul style="list-style-type: none"> Students will develop problem-solving strategies. Students will learn to distinguish things that are in and out of their control.
17	Social Skills	Problem-solving	Putting our problems into perspective	<ul style="list-style-type: none"> Students will learn about 'catastrophising' and its impact on problem solving. Students will practise putting things into perspective.
18	Social Skills	Communication	Communication: 'You and I'	<ul style="list-style-type: none"> Students will develop their communication skills. Students will practise using 'I' statements. Students will build empathy for someone else's situation.
19	School Skills	Technology and mental health	Safe Socials	<ul style="list-style-type: none"> Students will understand potential stressors on social media. Students will understand how to practise safe social media use.
20	School Skills	Exam pressure and managing exam anxiety	Exam Pressures	<ul style="list-style-type: none"> Students will explore causes of exam stress. Students will investigate ways to reduce exam stress.
21	School Skills	Study skills and techniques	Memory	<ul style="list-style-type: none"> Students will compare memory recall with different techniques.
22	School Skills	Study skills and techniques	Study skills	<ul style="list-style-type: none"> Students will understand what is involved in studying. Students will collaborate to develop a set of tips for good study.

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23	Gratitude		Gratitude 101	<ul style="list-style-type: none"> • Students will practise gratitude by looking at all they have. • Students will practise expressing gratitude for everyday items.
24	Gratitude		Compliments and gratitude	<ul style="list-style-type: none"> • Students will practise giving compliments. • Students will show gratitude to someone who has played a role in their life.
25	Mindfulness		If and then	<ul style="list-style-type: none"> • Students will explore the impact of 'if and then' thinking on their happiness.
26	Mindfulness		Mindfulness	<ul style="list-style-type: none"> • Students will experience mindfulness through flow.