

Integrating TRP Curriculum with Respectful Relationships

About this document:

This is a guide designed to assist teachers planning to deliver TRP curriculum in conjunction with the department of education Rights, Resilience and Respectful Relationships (RRRR) resource.

We have identified which activities in the RRRR resource compliment each TRP lesson. Please be aware that we have tried to identify all the opportunities for integration so some of the RRRR activities are repeated in several lessons and across year levels. Teachers can then select at which point they would like to complete the RRRR activity based on their individual planning needs.

To Click through to the appropriate year level, please click below;

[Year 7](#)

[Year 8](#)

[Year 9](#)

[Year 10](#)

[Senior](#)

Secondary TRP and RRRR Mapping

Year 7



Year 7 TRP Lessons	Level 7 & 8 RRRR Complementary Activity	Time (mins)
1.1 and 1.2 Emotion vocabulary and identifying emotions	1.1 Emotions vocabulary	10
2.1 and 2.2 Labelling emotions	1.1 Emotions Vocabulary 1.2 Body language 1.4 Hidden emotions	10 10 20
3.1 and 3.2 Understanding and expressing gratitude		
5.1 and 5.2 An introduction to mindfulness	5.4 Relaxation techniques	10
6.1 and 6.2 Fixed and growth mindsets	3.1 What is self talk? 3.2 Remembering our strengths? 3.3 Building skills in positive self talk	15 20 15
8.1 and 8.2 Gratitude chain		
11.1 and 11.2 Post traumatic growth		
12.1 and 12.2 Empathy Web		
17.1 and 17.2 Needs and wants		
19.1 and 19.2 Applying empathy	1.3 Empathy quiz 6.4 Peer support texts	15 15
20.1 and 20.2 Noticing the little things in life	5.4 Relaxation techniques	10
21.1 and 21.2 Mindfulness in nature	5.3 Coping strategies	10
22.1 and 22.2 How Full is your bucket?	5.3 Coping strategies	10
Year 7 Inquiry Units		
Inquiry 2 Screenagers		
<p>Level 7-8 Introduction Activity 4 'Statistics on mental health' (15mins) could be added at beginning or end of any TRP lesson. It is a nice way to discuss why this work is important.</p>		

Secondary TRP and RRRR Mapping

Year 8



Year 8 TRP Lessons	Level 7 & 8 RRRR Complementary Activity	Time (mins)
2.1 and 2.2 Circles of strength	2.1 Qualities that I admire 3.2 Remembering our strengths 6. 2 What could you do?	30 20 20
6.1 and 6.2 Recognising emptions	1.2 Emotions Vocabulary 1.2 Body language 1.4 Hidden emotions	10 10 20
8.1 and 8.2 The World in perspective		
10.1 and 10.2 Thinking, seeing, feeling empathy	1.3 Empathy quiz 6.4 Peer support texts 7.6 Difference and discrimination	15 15 30
11.1 and 11.2 Noticing detail	5.3 Coping strategies	10
12.1 and 12.2 Partner balancing	5.3 Coping strategies	10
14.1 and 14.2 Emotional responses	1.2 Body language 1.4 Hidden emotions	10 20
17.1 and 17.2 Cultural understanding	7.6 Difference and discrimination	30min
19.1 and 19.2 Negative Bias/ Self Talk	3.1 What is self talk? 3.3 Building skills in pos self talk	15 15
20.1 and 20.2 Mood Changes	1.4 Hidden emotions	20
22.1 and 22.2 Gratitude to nature		
23.1 and 23.2 Cooperation		
25.1 and 25.2 Mindfulness in nature	5.3 Coping strategies	10
YEAR 8 INQUIRY		
Inquiry 1 Mind body connection - exercise	5.3 Coping strategies	10

Secondary TRP and RRRR Mapping

Year 9



Year 9 TRP Lessons	Level 9 & 10 RRRR Complementary Activity	Time (mins)
1.1 and 1.2 Resilience	5.1 Understanding stress 5.2 Self-reflection on coping	15 10
4.1 and 4.2 Mindfulness – Body Awareness	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
7.1 and 7.2 Finding gratitude, singing praise		
8.1 and 8.2 Expressing gratitude		
9.1 and 9.2 Awareness and pets	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
10.1 and 10.2 Mindful eating	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
12.1 and 12.2 Mood changes	5.1 Understanding stress 5.2 Self-reflection on coping 5.3 Positive coping	15 10 20
14.1 and 14.2 Restrictions to our gratitude		
15.1 and 15.2 Empathy – Responding to others	6.3 Conducting the help-seeking conversation	20
16.1 and 16.2 Crossing the line/speak even if you voice shakes	4.2 Making an assertive 'I' statement 6.1 Awareness raising through statistics 6.2 Should I ask for help? 6.3 Conducting the help-seeking conversation 6.4 Research sources of support	25 10 20 20 20
20.1 and 20.2 Fixed and growth mindsets	3.1 Understanding the impact of neg self-talk 3.2 Applying techniques for positive self-talk	25 25
21.1 and 21.2 Moral Dilemmas	1.2 Thinking from different perspectives 2.3 Using strengths in ethical dilemmas	25 20
25.1 and 25.2 Reflection and appreciation		
YEAR 9 INQUIRY		
Inquiry 2 Sleep and mood	5.3 Positive coping 5.4 Relaxation for self-calming	20 15

Secondary TRP and RRRR Mapping



Year 10

Year 10 TRP Lessons	Level 9 & 10 RRRR Complementary Activity	Time (mins)
1.1 and 1.2 Expanding vocabulary around emotion	1.5 Emotional Literacy	25
4.1 and 4.2 Look up	5.3 Positive coping	20
6.1 and 6.2 Character strengths	2.1 Valuing character strengths	30
7.1 and 7.2 Walk in my shoes Language Choice	5.3 Positive coping	20
8.1 and 8.2 My life elsewhere	5.3 Positive coping	20
9.1 and 9.2 Mindfulness and flow	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
12.1 and 12.2 Expressing gratitude		
13.1 and 13.2 Active constructive responding	1.2 Thinking from different perspectives 4.2 Making an assertive 'I' statement 6.3 Conducting the help-seeking conversation	25 25 20
14.1 and 14.2 Empathy and Compassion	1.2 Thinking from different perspectives 6.3 Conducting the help-seeking conversation	25 20
15.1 and 15.2 Catastrophising	3.1 Understanding the impact of neg self-talk 3.2 Applying techniques for positive self-talk	25 25
18.1 and 18.2 Positive emotions through success	5.3 Positive coping	20
19.1 and 19.2 Social Interaction	1.2 Thinking from different perspectives 4.2 Making an assertive 'I' statement 6.3 Conducting the help-seeking conversation	25 25 20
21.1 and 21.2 Mindful writing	5.3 Positive coping 5.4 Relaxation for self-calming	20 15
Year 10 Inquiry Units		
Inquiry 1 The Freedom Writers	1.2 Thinking from different perspectives 4.1 Using a logical model for problem solving	25 25

Secondary TRP and RRRR Mapping



Senior

Senior TRP Lesson	Level 11 & 12 RRRR Complementary Activity	Time (mins)
1. What is resilience anyway	4.1 Stress and coping 4.2 Self-reflection on coping strategies 4.3 Coping in context scenarios	20 15 15
2. Looking back at resilience	4.1 Stress and coping 4.2 Self-reflection on coping strategies 4.3 Coping in context scenarios	20 15 15
3. What's ahead?	1.1 Emotional landscape in the senior high school years 1.2 Study strengths	20 15
4. Stress self-reflection	4.1 Stress and coping 4.2 Self-reflection on coping strategies 4.3 Coping in context scenarios	20 15 15
5. Stress	4.1 Stress and coping 4.2 Self-reflection on coping strategies 4.3 Coping in context scenarios	20 15 15
6. Coping with stress	4.1 Stress and coping 4.2 Self-reflection on coping strategies 4.3 Coping in context scenarios	20 15 15
7. Mental Health in Australia		
8. Help seeking	6.1 Debate of the helpers	40
9. Where to go	6.1 Debate of the helpers 6.4 Web quest: Searching online for help	40 40
10. My timetable	2.3 Managing your time	15
11. Screen time	2.3 Managing your time	15
12. Give a little love, get a little love		
13. Kindness challenge		
14. More is said than done		
15. Problem solving	6.2 Social problem solving	20
16. Know the problem	6.2 Social problem solving	20
17. Putting our problems into perspective	6.2 Social problem solving	20
18. Communication 'You and I'	5.1 Assertive talk 5.2 Explaining how you feel	25 25

Secondary TRP and RRRR Mapping



19. Safe socials	2.3 Managing you time	15
20. Exam pressures	4.4 Relaxation techniques	15
21. Memory	2.2 What do you do when you study	15
22. Study skills	2.2 What do you do when you study	15
23. Gratitude 101		
24. Compliments and gratitude		
25. If and then thinking		
26. Mindfulness	4.4 Relaxation techniques	15