Positive Relationships

PDHPE Teaching Kit K–6

Early Stage 1
KINDERGARTEN

Sample Pages

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Why do we need rules?

My classroom rules

My playground rules

Respecting the property of others

Express yourself

Feelings

Understanding empathy

All about me

I am unique

Important values

Clear messages

Learning to listen

Inside and outside voices

Responding to situations

Friendly faces

Good friends

Playing together

Sharing at school

My friends

People who care for me

Important people

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Introduction

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Positive-relationship skills and resilience skills are best taught explicitly through carefully structured programs that are regularly reviewed. Teachers can expect students to demonstrate greater depth of understanding and more frequent displays of pro-social behaviour if they develop specific programs around this content.

The school culture and ethos have a direct impact on relationships, resilience-building and academic outcomes. School culture has been shown to inspire commitment and productivity. It relates to things like the physical setting, celebrations of achievements, symbols such as uniforms, acceptable standards of behaviour and the core values of individuals and the school.

A whole-school approach is the most effective way to develop a caring, respectful, inclusive and supportive culture in a school. All stakeholders need to contribute to the planning, implementation and reviewing of policies and programs. Maximising the participation of teachers, students, administrators, parents and other school community members will increase the likelihood of success.

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Values and Attitudes	Refers to a sense of their own worth and dignity (V1)			✔			
	Enjoys a sense of belonging (V3)	✔	✔		✔	✔	✔
Skills	Expresses feelings, needs and wants in appropriate ways (COES1.1)	✔	✔	✔	✔	✔	
	Identifies some options available when making simple decisions (DMES1.2)		✔				✔
	Relates well to others in work and play situations (INES1.3)	✔	✔	✔	✔	✔	
	Seeks help as needed when faced with simple problems (PSES1.5)						✔
Knowledge and Understanding	Identifies how people grow and change (GDES1.9)			✔			
	Identifies how individuals care for each other (IRES1.11)	✔			✔	✔	✔
	Demonstrates an emerging awareness of the concepts of safe and unsafe living (SLES1.13)	✔					

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Positive Relationships

PDHPE Teaching Kit K–6

Stage 1

YEAR 1 AND YEAR 2

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Making the rules

Rules are important

My school and classroom rules

Rights and responsibilities at school

Expectations

Celebrating differences

My identity

We are all unique

Celebrating our differences

We all have positive qualities

Making friends

People who are special to me

Feeling happy at school

How to greet people

Being a good friend

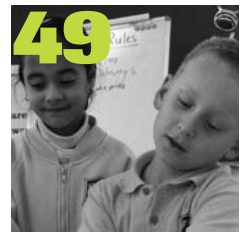
Keeping friends

Making new students feel welcome

Expressing feelings

My goals

Knowing right from wrong



Showing respect

Including friends in games

Anti-bullying

Helping others

People I can go to for help

Helping my friends

What can a bystander do to help?

The internet

What is personal information?

Adults can help keep me safe

Keep your personal information safe

Respecting property

Good communication

Sending and receiving emails

Online bullying

Choosing good websites

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PDHPE Teaching Kit K–6

Stage 2

YEAR 3 AND YEAR 4

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How do we deal with bullying?

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Types of feelings

What is change?

Managing change

Dealing with hurt and loss

Valued qualities

Changing

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Friendships sometimes change

Friendship qualities

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Accepting friends online

Identifying appropriate sites

Cyberbullying

Role of the bystander and reporting cyberbullying

Internet etiquette – online manners

Respecting personal property

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Stage 3

YEAR 5 AND YEAR 6

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Friendships

Anti-bullying

Personal networks

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Personal and group values

Power and influence

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Valuing differences

Stereotypes

Prejudice

Roles and responsibilities

Personal skills

Goal-setting

Building self-esteem

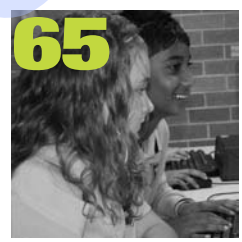
Expressing feelings

'I' messages

Managing stress

Change and loss

Cybercitizenship and online safety



Keeping personal information private

Cyberbullying

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