

## Trinity Grammar School Life Skills Framework

### Aim

The Life Skills Programme is part of a 'whole School' approach to health and well-being, which aims to enhance the development of the School environment where our boys feel safe, valued, engaged and purposeful. The Programme is based on current educational and psychological theory which highlights 'connectedness' or attachment to school, and resilience as significant protective factors for young people.

### Present and Future Societal Conditions

Cultural Diversity	Globalisation	Changes in Family Structure	Emerging Study and Career Pathways	Rapid Pace of Technological Change	Changing Nature of Communication	Emerging Issues in Boys' Education	High Rates of Adolescent Male Depression and Suicide	Decline in School Engagement in the Middle Years
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### Key Processes

<b>Trusting and Non-Judgemental</b> A climate of mutual respect among all members contributes to achievement by all.	<b>Student-Centred</b> Feeling safe & accepted, & able to be actively involved in discussions & activities, & interact & socialise with others in the group.	<b>Collaborative</b> Respect & acknowledgement of individual abilities & contributions, sharing authority & acceptance of responsibility for group actions.	<b>Inclusive</b> Values the perspectives, contributions & experiences of all group members by acknowledging diversity.	<b>Experiential</b> Utilises the power of teamwork, providing opportunities for learning & practicing skills, where experience plays a central role.	<b>Relevant and Engaging</b> Value & meaning beyond the group context, making a connection to larger social contexts, building upon experience.
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### Learner Profile (IBO)

<b>Inquirers</b>	<b>Knowledgeable</b>	<b>Thinkers</b>	<b>Communicators</b>	<b>Principled</b>
<b>Open-minded</b>	<b>Caring</b>	<b>Risk-takers</b>	<b>Balanced</b>	<b>Reflective</b>

### Learning Outcomes

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
<p><b>Term 1: Peer Support</b> Values the importance of adolescent peer relations in fostering a safe, happy and healthy environment.</p> <p><b>Term 2: Rights and Responsibilities</b> Understands the School discipline system, and its basis on rights and responsibilities.</p> <p><b>Term 3: Bullying and Harassment</b> Realises different forms of bullying, the effects of bullying and ways to seek help or report bullying.</p>	<p><b>Term 1: Cross-Cultural Understanding</b> Values their own identity and the positive contribution cultural diversity brings to Australian society.</p> <p><b>Term 2: Safe Living</b> Demonstrates an understanding of common risk-taking situations and the associated actions and consequences.</p> <p><b>Term 3: Defining My Destiny</b> Understands potential obstacles to achieving one's potential, and increasing self-image and self-esteem.</p>	<p><b>Term 1: Managing Stress</b> Realises common stresses and challenges and demonstrates techniques for effective coping strategies.</p> <p><b>Term 2: Financial Matters</b> Understands important financial issues affecting teenagers.</p> <p><b>Term 3: Choices</b> Awareness of interdependence, personal responsibility for choices, and consequential thinking.</p> <p><b>Note:</b> 'Conflict Resolution Skills' is also included at Pine Bluff.</p>	<p><b>Term 1: Building Relationships to Success</b> Understands the importance of building connections with parents, friends and teachers in working towards set goals.</p> <p><b>Term 2: Year 10 Careers Programme</b> Demonstrates a greater understanding of future career opportunities.</p> <p><b>Term 3: Safe Celebrations</b> Clarifies values and understandings about safe celebrations and drug use in different social contexts.</p>	<p><b>Term 1 - Brainstorm Prod. 'Wired'</b> Demonstrates an understanding of the physiology and causes of stress and depression associated with the pressures of examinations, relationships and everyday life.</p> <p><b>Term 2: Driver Education Prog.</b> Understands the importance of staying safe as a driver and as a passenger, and is able to critically examine issues behind young driver accidents and injuries.</p> <p><b>Term 3 - Internet Safety</b> Realises various internet safety issues to help minimise the risks of internet and mobile technology access.</p>	<p><b>Term 1: Year 12 Careers Programme</b> Demonstrates skills in seeking career advice and pathways to further study.</p> <p><b>Term 2: Stress Management</b> Effective management of typical stress-related behaviours.</p> <p><b>Term 3: The World Today</b> Enlightenment on current world issues and tolerance (but not blind tolerance) for others with differing views and beliefs.</p>