



CURRICULUM MAPPING

Youth Wellbeing Course

Youth Wellbeing Course

This document outlines the alignment between the SchoolTV Academy – Youth Wellbeing Course and the Australian Curriculum (ACARA), specifically within the Health and Physical Education (HPE) learning area for Years 7–8 and 9-10.

MODULE 1: The Foundations of Mental Health

Years 7 - 8

- Refine protective behaviours and evaluate community resources to seek help for themselves and others **AC9HP8P08**
- Investigate how media and influential people impact attitudes, beliefs, decisions and behaviours in relation to health, safety, relationships and wellbeing **AC9HP8P09**

Years 9 - 10

- Evaluate emotional responses in different situations to refine strategies for managing emotions **AC9HP10P06**
- Critique health information, services and media messaging about relationships, lifestyle choices, health decisions and behaviours to evaluate their influence on individual attitudes and actions **AC9HP10P09**

MODULE 2: The Conversation Hump

Years 7 - 8

- Analyse the impact of changes and transitions, and devise strategies to support themselves and others through these changes **AC9HP8P02**
- Analyse factors that influence emotional responses and devise strategies to self-manage emotions **AC9HP8P06**
- Refine protective behaviours and evaluate community resources to seek help for themselves and others **AC9HP8P08**

Years 9 - 10

- Refine, evaluate and adapt strategies for managing changes and transitions **AC9HP10P02**
- Evaluate emotional responses in different situations to refine strategies for managing emotions **AC9HP10P06**
- Plan, rehearse and evaluate strategies for managing situations where their own or others' health, safety or wellbeing may be at risk **AC9HP10P08**

MODULE 3: Role-Play Scenarios

Years 7 - 8

- analyse factors that influence emotional responses and devise strategies to self-manage emotions **AC9HP8P06**
- Refine protective behaviours and evaluate community resources to seek help for themselves and others **AC9HP8P08**
- Plan and implement strategies, using health resources, to enhance their own and others' health, safety, relationships and wellbeing **AC9HP8P10**

Years 9 - 10

- Evaluate emotional responses in different situations to refine strategies for managing emotions **AC9HP10P06**
- Plan, rehearse and evaluate strategies for managing situations where their own or others' health, safety or wellbeing may be at risk **AC9HP10P08**
- Critique health information, services and media messaging about relationships, lifestyle choices, health decisions and behaviours to evaluate their influence on individual attitudes and actions **AC9HP10P09**
- Plan, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing **AC9HP10P10**

MODULE 4: Accreditation Quiz

Years 7 - 8

- Review and reinforce all mapped ACARA outcomes

Years 9 - 10

- Review and reinforce all mapped ACARA outcomes

Health and Physical Education Focus Area: Mental Health and Wellbeing

This focus area addresses how mental health and wellbeing can be enhanced and strengthened at an individual and community level. The content teaches students to maintain and enhance their own mental health and wellbeing, and to support that of others.

Students explore the following within The SchoolTV Academy - Youth Wellbeing Course:

- Emotional awareness
- Emotional regulation
- Mental health promotion
- Destigmatising mental illness in the community
- The impact of social and emotional health on wellbeing
- Resilience and skills that support resilient behaviour

For more information please contact: academy@schooltv.me