

Kids Helpline @ School

high school



session alignment Australian National Curriculum V9

your online wellbeing

learning area: health and physical education

general capabilities

Year 7 and 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

Year 9 and 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

plan, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing

AC9HP10P10

personal and social
capability

self awareness
self management

ethical understanding
understanding ethical concepts
and perspectives

digital literacy
practicing digital safety and well-being

respectful relationships

learning areas

health and physical education

Year 7 and 8

examine the roles of respect, empathy, power and coercion in developing respectful relationships

[AC9HP8P04](#)

investigate strategies that influence how communities value diversity and propose actions they can take to promote inclusion in their communities

[AC9HP8P05](#)

explain and apply skills and strategies to communicate assertively and respectfully when seeking, giving or denying consent

[AC9HP8P07](#)

refine protective behaviours and evaluate community resources to seek help for themselves and others

[AC9HP8P08](#)

Year 9 and 10

evaluate the influence of respect, empathy, power and coercion on establishing and maintaining respectful relationships

[AC9HP10P04](#)

propose strategies and actions individuals and groups can implement to challenge biases, stereotypes, prejudices and discrimination, and promote inclusion in their communities

[AC9HP10P05](#)

examine how strategies, such as communicating choices, seeking, giving and denying consent, and expressing opinions and needs can support the development of respectful relationships, including sexual relationships

[AC9HP10P07](#)

English

Year 7 and 8

understand how language expresses and creates personal and social identities

[AC9E7LA01](#)

Year 9 and 10

recognise how language empowers relationships and roles

[AC9E9LA01](#)

general capabilities

personal and social capability

self and social awareness
social management

ethical understanding

understanding ethical concepts
and perspectives

digital literacy

practicing digital safety
and well-being

cyberbullying: your rights and responsibilities

learning area: health and physical education

general capabilities

Year 7 and 8

plan and implement strategies, using health resources, to enhance their own and others' health, safety, relationships and wellbeing

AC9HP8P10

analyse and reflect on the influence of values and beliefs on the development of identities

AC9HP8P01

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

Year 9 and 10

evaluate the influence of respect, empathy, power and coercion on establishing and maintaining respectful relationships

AC9HP10P04

plan, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing

AC9HP10P10

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

personal and social capability

self and social awareness
self and social management

ethical understanding
understanding ethical concepts
and perspectives

digital literacy
practicing digital safety and well-being

coping with changes and transitions

learning area: health and physical education

general capabilities

Year 7 and 8

analyse the impact of changes and transitions, and devise strategies to support themselves and others through these changes
[AC9HP8P02](#)

analyse and reflect on the influence of values and beliefs on the development of identities
[AC9HP8P01](#)

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](#)

Year 9 and 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](#)

plan, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing
[AC9HP10P10](#)

personal and social
capability
self awareness
self management

ethical understanding
understanding ethical concepts
and perspectives

critical and creative thinking
inquiring
generating
analysing
reflecting

emotional intelligence

learning area: health and physical education

general capabilities

Year 7 and 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

Year 9 and 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

plan, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing

AC9HP10P10

personal and social
capability

self awareness
self management

critical and creative thinking
inquiring
generating
analysing
reflecting

ethical understanding
understanding ethical concepts
and perspectives

everyday resilience

learning area: health and physical education

Year 7 and 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](#)

plan and implement strategies, using health resources, to enhance their own and others' health, safety, relationships and wellbeing
[AC9HP8P10](#)

Year 9 and 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](#)

plan, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing
[AC9HP10P10](#)

general capabilities

personal and social
capability
self and social awareness
self and social management

ethical understanding
understanding ethical concepts
and perspectives

critical and creative thinking
inquiring
generating
analysing
reflecting

kids helpline and help-seeking

learning area: health and physical education

Year 7 and 8

analyse factors that influence emotional responses and devise strategies to self-manage emotions

AC9HP8P06

analyse the impact of changes and transitions, and devise strategies to support themselves and others through these changes

AC9HP8P02

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

Year 9 and 10

evaluate emotional responses in different situations to refine strategies for managing emotions

AC9HP10P06

plan, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing

AC9HP10P10

plan, rehearse and evaluate strategies for managing situations where their own or others' health, safety or wellbeing may be at risk

AC9HP10P08

refine, evaluate and adapt strategies for managing changes and transitions

AC9HP10P02

general capabilities

personal and social
capability

self awareness

social awareness

self management

ethical understanding

understanding ethical concepts
and perspectives

digital literacy

practicing digital safety and well-
being

eco-anxiety to eco-action

learning area: health and physical education

general capabilities

Year 7 and 8

analyse factors that influence emotional responses and devise strategies to self-manage emotions

AC9HP8P06

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AC9HP8P08

plan and implement strategies, using health resources, to enhance their own and others' health, safety, relationships and wellbeing

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Year 9 and 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

plan, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing

AC9HP10P10

personal and social capability

self-awareness
self-management

ethical understanding

understanding ethical concepts and perspectives

responding to ethical issues

your socials: behind the screens

learning area: health and physical education

Year 7 and 8

investigate how media and influential people impact attitudes, beliefs, decisions and behaviours in relation to health, safety, relationships and wellbeing

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

general
capabilities

Year 9 and 10

propose strategies and actions individuals and groups can implement to challenge biases, stereotypes, prejudices and discrimination, and promote inclusion in their communities

AC9HP10P05

plan, rehearse and evaluate strategies for managing situations where their own or others' health, safety or wellbeing may be at risk AC9HP10P08

plan, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing AC9HP10P10

personal and social capability

self and social awareness
social management

ethical understanding

understanding ethical concepts
and perspectives

learning area: digital technologies

Year 9 and 10

investigate how hardware and software manage, control and secure access to data in networked digital systems

AC9TDI10K01

apply the Australian Privacy Principles to critique and manage the digital footprint that existing systems and student solutions collect

AC9TDI10P14

digital literacy

practicing digital
safety and well-being