

**ASH WELLBEING PROGRAM 2022 OVERVIEW – RESPECTFUL RELATIONSHIPS**

	Year 5	Year 6	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
	<b>Developing confidence in yourself</b>	<b>Developing confidence as a leader</b>	<b>Developing character as a friend</b>	<b>Developing your unique character</b>	<b>Developing character as a resilient man</b>	<b>Leading as a Marist man</b>	<b>Leading as a Marist man</b>	<b>Leading into the future</b>
<b>Terms 1 - 4</b>	Relationships are important	What is courage?	Being a Marist man- respect of women	Introduction to character strengths	Impact of pornography on the brain and relationships *	Masculinity	Staff personal story	<u>Guest Speakers:</u>
	Different relationships	People who show courage	Developing healthy friendships	Using character strengths	Relationship violence *	Becoming a Marist man	Breaking the stereotype of masculinity	Real Talk: Consent (by Michael Carr-Greg)
	Friendly qualities	Courage in misfortune	Choosing friendships	Act courageously	Adolescent alcohol use	Toxic masculinity	Respecting women **	Alcohol and Drug use (by Paul Dillon)
	My relationship	Everyday courage	Making new friends and leaving old ones	Character matters	It's time we talked education	Character strengths and values	Character strengths **	Pornography (By Melinda Tankard Reist)
	Friendship groups	Overcoming fears	Consent in friendships *	Respect of others	Retreat	The role of relationships from a Catholic, biological and social perspective	Responsible alcohol use	Red Frogs
	Resolving conflict	Courage at school and home		Identifying feelings	* *	Informed conscience	Semi-formal etiquette	Year 12 Retreat
		Everyday courage at MC		Managing emotions		Success indicators of respectful relationship		Mother and Son Luncheon
				Mindfulness		Sexual decision making *		
			Managing anger		Consent conversations			
			Emotional intelligence- understanding your own and others emotions *		Warning signs of unhealthy relationships			
					Domestic violence cycle			
					* *			

**NOTE:** The following \* or \*\* denote Guest Speakers: \*Melinda Tankard Reist (Pornography- Years 7-12) \* Real Talk (Pornography), \* Paul Bagnall (QPS on social media safety), \*Your Choiez Media (Respectful Relationships), \* Kirra Pendergast (Safe on Social), \*\* Brett Sanders (consent presentation) and Michael Carr-Gregg (consent).