

Skin Deep

healthy self-worth & adulthood

for secondary school



Values for Life Incursions

Values for Life is an educational program that provides student incursion workshops and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.



Incursion Details

- * Sessions are interactive and involve a variety of games, stories, discussion and multi-media to engage and educate
- * Catering for single, half-day or full-day sessions
- * Recommended duration is between 45 and 90 minutes – flexible to your timetable
- * Follow-up lesson plans and resources for teachers are included
- * Parent sessions are also offered on a number of topics
- * Costs are calculated on the number of sessions and location. Call or email us for a quick quote.



Values for Life

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Learning Focus

The **Skin Deep** incursion examines the cultural messages that girls get about what it means to be a woman in Australia today. The seminar discusses issues such as self-worth, expectations from others and various mixed messages girls are receiving. Through a variety of **interactive activities, games, discussion, stories, multi-media**, and **video** the workshop aims to explore rites-of-passage to adulthood and promote the importance of having good role-models, their character traits, healthy values and considering their impact into the future.

The incursion can be tailored to meet the needs of students from year 7 to 12. In addition to this student incursion, a **complimentary teacher resource manual & curriculum** is provided that can be implemented & modified by the school to extend the learning outcomes in the classroom over several weeks.

Rationale

This topic looks at the predominant current-day messages on women that are focused in media, marketing and within peer groups. The seminar addresses issues such as what it means to be an adult as well as negative messages such as unattainable body image, unhelpful and inaccurate messages from the media and society's obsession with image. Students are encouraged to consider the consequences of the messages in media in relation to women, particularly self-worth, asking questions such as "who says, why and where is that derived?" We introduce students to the idea of creating filters for data against unreasonable pressures. We discuss the importance of being in a caring community, open and willing to offer support for others and considering their priorities for now and the future.

Key concepts covered in the session:

- ▶ Highlights the importance of a healthy self-worth
- ▶ Promotion of individual priorities and values
- ▶ Investigating the real qualities of a woman and what should they be. The importance of character
- ▶ Exploring and challenging what determines the value of a woman?
- ▶ Looking at key factors in formation, including individual world view, peers and role models
- ▶ Develops ways in which we can better connect within our family, friends, and community
- ▶ Promotion of being a role model and the impact we make on others

Essential Learning Standards

The incursion presents a student learning program that intertwines elements of all strands of the curriculum with the key focus on the following:

- **Building social relationships** (Interpersonal Development),
- **Reflection, evaluation and metacognition** (Thinking Processes)

The table below shows these dimensions addressed and the emphasis provided:

Strand	Domain	Dimension	Included	Major Focus	Teacher Manual
Physical, Personal & Social Learning	Health & PE	* Movement & physical activity	X		
		* Health knowledge & promotion		X	X
	Interpersonal Development	* Building social relationships		X	X
		* Working in teams	X		X
Personal Learning	Personal Learning	* The individual learner		X	X
		* Managing Personal learning		X	X
Discipline-based Learning	Civics & Citizenship	* Civics knowledge and understanding	X		X
		* Community engagement		X	X
Interdisciplinary Learning	Communication	* Listening, viewing & responding		X	X
		* Presenting	X		X
Thinking Processes	Thinking Processes	* Reasoning, processing & inquiry		X	X
		* Creativity, reflection & metacognition		X	X