



## values for life

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

We aim to engage, impact and empower primary and secondary school students, providing learning outcomes that engender pro-social values, empathy and resilience. We are committed to working with the school to identify the most effective program that suits the needs of the school community and recognise that prevention programs are highly successful when part of a community effort.



Values for Life is associated with Concern Australia

### Values for Life

P: (03) 9470 2972

E: [v4lss@concernaustralia.org.au](mailto:v4lss@concernaustralia.org.au)

W: [www.valuesforlife.net](http://www.valuesforlife.net)

# Community Matters

## friendship, resilience & acceptance

### Learning Focus

The incursion explores issues of peer pressure, resilience, friendship, personal character and what healthy community entails. Increases students' awareness of social isolation and promotes being proactive in seeking healthy friendships and appreciating the differences in one another.

In addition to this student seminar, 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

Research suggests that one of the greatest factors in enabling a young person succeed at school and be resilient is their being able to connect with others and feel like they are a valued member of the school community. This module looks at the way students engage with their peers and how the categorising of people (e.g. friends, strangers, enemies, etc.) can damage our perceptions. We aim at helping students see that school should be a positive experience to connect with others and how we can benefit when we start appreciating our difference. We focus on ownership of community by the student body and give evidence-based strategies on how to respond, be resilient and actively seek support to create a healthy community.

### Key concepts covered in the session:

- Highlighting the importance of a healthy community - how it helps us and how we contribute to it
- Exploring the importance of healthy self-worth including setting priorities and values
- The promotion of empathy and the support we can give to others
- Looking at key factors in identity formation including peers, role models and individual values
- How we develop a healthy character that is others-centred
- Encouraging students to take initiative and make a difference in their school and community
- Promotion of resilient factors and encouraging students to consider others - particularly isolated students
- Giving basic strategies that enable good decision-making to communicate well, work together and make a difference to others

### Essential Learning Standards

The Values for Life program presents a student learning program that intertwines elements of all three strands of VIC Curriculum with the key focus on the following dimensions:

- **Building social relationships** (Interpersonal Development domain), plus
- **Reflection, evaluation and metacognition** (Thinking Processes domain, in the Interdisciplinary Learning strand)

The table below shows these dimensions and the degree of emphasis provided:

Strand	Domain	Dimension	Included	Focus	Major Focus	Teacher Manual
Physical, Personal and Social Learning	Health and Physical Education	Movement and physical activity Health knowledge and promotion	✓	✓		
	Interpersonal Development	Building social relationships Working in teams	✓ ✓		✓	✓
	Personal Learning	The individual learner Managing personal learning	✓ ✓	✓		✓
	Civics and Citizenship	Civics knowledge and understanding Community engagement	✓		✓	✓
Discipline-based Learning	The Arts, English, Humanities, LOTE, Mathematics, Science	Knowledge, understanding and skills gained through the various domains	This seminar will relate to a number of these discipline-based VELS domains depending on the duration and focus.			
Interdisciplinary Learning	Communication	Listening, viewing and responding Presenting	✓ ✓			
	Thinking Processes	Reasoning, processing and inquiry Creativity Reflection, evaluation and metacognition	✓ ✓	✓		✓

secondary level