

More than Skin Deep

pathways to positive self-worth for young women

for secondary school



Student Wellbeing Incursions

We provide an educational program that includes workshops for students 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
- * Offering a range of options – from a single session to several sessions for the same or different groups
- * 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 several topics including resilience & cyber-safety
- * Costs are calculated on the number of sessions and location. Contact us for a quick quote.

Learning Focus

The **More than Skin Deep** incursion examines the messages that girls receive about what it means to be a woman in our culture. The session explores issues such as positive self-worth, role-models, negative expectations from others (such as unattainable body image), confident communication and how they can contribute to their community. Through a variety of **interactive activities, games, discussion, stories, multi-media, and video** the workshop aims to encourage affirmative rites-of-passage to adulthood, developing their character traits and considering their priorities for now and 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

Within our modern culture, many young women battle each day with anxiety, their peers, unhelpful and inaccurate messages from the media as well as their deep desire to belong and be accepted for who they are. This can be demonstrated by trying to appear or emulate everyone else and therefore let go of passions and interests that once gave them much pleasure. Research shows that when surrounded with a strong and authentic community where the girls are accepted for who they are and their gifts, intrinsic qualities shine through.

Key concepts covered in the session:

- Exploring cultural messages of being a woman including stereotypes
- Investigating what determines the value of a person
- Understanding of what it means to make the transition from a girl mind-set to a healthy woman mind-set
- The need for greater self-awareness and more respectful communication with peers and family
- Highlights the importance of a healthy self-worth and how to maintain this
- Looking at factors in identity formation including peers, media and individual values
- Exploring rites-of-passage for young women and highlighting ways in which they can become a responsible adult
- Develops ways in which we can better connect within our family, friends, and community
- Promotion of resilient factors in adolescence
- Encouraging students to seek good role-models & to consider their contribution they can make

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	* The individual learner		X	X
		* Managing Personal learning		X	X
Civics & Citizenship	Civics & Citizenship	* Civics knowledge and understanding	X		X
		* Community engagement		X	X
Discipline-based Learning	The Arts, English, Humanities, LOTE, Maths & Science	* Knowledge, understanding & skills gained through the domains		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