It only takes

One

person
school
community

to make a difference

Empowering students with knowledge and advocacy skills to be changemakers in their communities

Anglicare WA's It Only Takes One community education initiative engages with students and teachers on important social issues.

In 2021, we will cover three topics:

- **Healthy Relationships (Term 1)**
  Developing an understanding of respectful relationships and preventing violence
- **Poverty, Inequality & Homelessness (Term 2)**
  Building a just and fair society where everyone can thrive
- **Mental Health & Wellbeing (Term 3)**
  Promoting wellbeing, reducing stigma and increasing resilience

It Only Takes One delivers tailored educational content for Years 5 – 12, featuring a guest presentation by Anglicare WA community educators and a series of follow up teacher-led classroom activities to delve deeper into each topic.

Students also have the opportunity to undertake an advocacy project to engage and educate others in their community.

I think more students should be taught about advocacy because standing up for ourselves, others and groups is so important, and many students were unaware of how they could do this before the project.

Year 9 student

Our generation needs to know what is happening to others and know how they can make a positive difference for the future.

Year 7 student

For more info or to make a booking, visit the Anglicare WA website

Anglicare WA

Term 1 – Healthy Relationships

Year 5 – Communication
- Verbal and non-verbal communication
- Gendered messages and how they influence behaviours
- Messages about the expression of emotions
- Communication and active listening skills

Year 6 – Understanding Emotions
- Emotional intelligence
- How to talk about and manage emotions
- Gendered messages we learn about emotions
- Problem thinking linked to emotions

Year 7 – Respect
- What is respect and disrespect
- Gendered stereotypes
- Influence of disrespect in the use of violence
- Skills for calling out disrespect
- Social media and cyberbullying

Year 8 – Boundaries
- Acceptable and unacceptable behaviours in relationships
- Behaviours that cross the line
- Identifying boundaries
- Influence of media and advertising
- Impact of gender stereotypes on relationships

Year 9 – Violence
- Types of family and domestic violence behaviours
- Myths about violence
- Challenging attitudes and behaviours

Year 10 – Power Control and Jealousy
- Power, control and jealousy in relationships and how to manage these behaviours
- Is it love or control?
- Understanding and managing jealousy

Year 11 – Intimacy and Respect
- Respectful and disrespectful behaviours in intimate relationships
- Sexual coercion and consent
- Cultures that normalise violence against women

Year 12 – Safety and Advocacy
- When safety plans are needed in relationships
- Escaping, leaving or staying
- Safety plan for those using violence

Click here to make a booking for Healthy Relationships in Term 1.

Term 2 – Poverty, Inequality & Homelessness

Year 5 – Human Rights
• The rights we have as human beings
• Mechanisms for promoting and protecting human rights
• Values, attitudes and behaviours that uphold human rights

Year 6 – Identity, Diversity & Justice
• Individual and collective identities
• Unfair treatment based on identity
• Strategies to stand up and change behaviours

Year 7 – Poverty & Inequality
• The concepts of poverty and inequality
• How individuals and communities are affected in Australia
• Actions to advocate for change

Year 8 - Homelessness
• What is homelessness
• Key causes and possible solutions
• Actions we can take

Year 9 – Advocacy
• What is advocacy and types of advocacy
• Qualities of a good advocate
• Why advocate and how to get involved

Year 10 – Homelessness
• The complexity of homelessness
• Myths and stereotypes
• Intersectionality of disadvantage

Year 11 – JobSeeker Payment
• How JobSeeker Payment works
• The realities of living on JobSeeker
• Myths and stereotypes
• Financial vulnerability

Year 12 – Privilege, Rights & Action
• Concepts of privilege and human rights
• Interplay between privilege and human rights
• Using privilege to influence positive societal change

Click here to make a booking for Poverty, Inequality & Homelessness in Term 2.

Term 3 – Mental Health & Wellbeing

Year 5 – Introduction to Mental Health
- What being well and struggling look like in mental health
- How to identify emotions in self and others
- 'Big feelings' and what to do when they impact on your life
- Who to ask for help

Year 6 – Emotion Language
- Difference between emotions and moods
- Social media
- Help seeking for unpleasant ongoing moods

Year 7 – Relationships
- Relationships with self, others and the community
- Qualities of healthy and unhealthy relationships
- Bullying and being an active bystander
- Activities that promote positive wellbeing
- Gaining a sense of meaning and doing things for others

Year 8 – Positive Emotions
- Ways we can stay mentally healthy
- Character Strengths
- Anxiety

Year 9 – Mental Health in Society
- Stigma and mental health
- Mindfulness
- How to seek help

Year 10 – Navigating Challenges
- Stress and coping strategies
- Challenging unhelpful thinking
- Managing risk-taking behaviours

Year 11 – Positive Psychology
- Body image in society and media
- Positive Psychology and Wellbeing
- Authentic happiness and the PERMA model

Year 12 – Transitioning from School and Mental Health
- Positive Psychology and the PERMA model
- Common challenges in the transition from school to adulthood
- Understanding the importance of values
- Depression

Click here to make a booking for Mental Health & Wellbeing in Term 3.