



WODONGA SENIOR SECONDARY COLLEGE

Every Student, Every Opportunity, Success for All

17th October 2016

Dear Parent/Guardian,

On **Wednesday 26th October** all year 10 & 11 students will be taking part in a Respect & Resilience day at Wodonga Senior Secondary College campus. This is based on the mandatory Victorian Curriculum Respectful Relationship Education which is being rolled out into schools over the next 12 months, and will be incorporated across all subjects beginning in 2017.

The Resilience, Rights and Respectful Relationships program developed by The University of Melbourne for the Department of Education uses age appropriate evidence based teaching and learning activities.

Time: 8.55am -3pm

The day will be made up of 5 sessions:

- Guest Speaker: **Clinic 35 Lauren Coelli**
- Guest Speaker: **Victorian Police SOCIT branch**
- **Respectful Relationships and the effect of explicit imagery**
- **The Resilience Project**
- **Active Resilience**



There will be a **free sausage sizzle & lunchtime entertainment**, plus an optional **30-minute yoga class!**

What is the purpose of the Respect and Resilience Day at WSSC?

- **Respectful Relationships Education has been mandated by Victorian Government** – this is in response to a growing number of domestic violence incidences. Students will be taught Practical strategies to build resilience through using The Resilience Project keys to resilience by practicing Gratitude, Mindfulness & Empathy.
- **New technology has changed the way in which young people access information and form opinions:** The rapid growth in new information and communication technology (ICT) has changed the ways in which people around the world learn, work, play and communicate. While new technology has many advantages, it also raises significant challenges and concerns. One of these concerns is how easy it is for children to access offensive or inappropriate material. **WSSC want to ensure our young people have the skills required to be critical about the opinions and material they are exposed to.**
- **Research indicates that most young people will be exposed to explicit sexual imagery well before the legal age of 18 years.** In an Australian study of 13- to 16-year-olds, 93 per cent of males and 62 per cent of females reported being exposed to pornography online. This imagery often communicates unhealthy messages; for example, about safety, consent and aggression. Being exposed to pornography can affect young people's understandings and expectations of men, women, bodies and sex. **WSSC want to educate our students about the danger of 'sexting', including the significant legal, social and emotional consequences**
- **For optimum brain growth children need the security of early familiar relationships free from extremes of stress and trauma.** Research has shown that 1 in 4 adolescents have a mental illness, and 1 in 7 primary school children have a mental illness. 65% of adolescents do not seek help for mental illness. **WSSC aim to build the capacity of our students to expect and contribute to respectful relationships, improving academic and cognitive abilities, attention spans and ability to concentrate on learning.**

Please contact the co-ordinators if you have any questions or concerns

Yours Sincerely,

Matt Moylan

Assistant Principal

Naomi Wattie, Tim Lamb & Tim Bridgeman

Year 10 Coordinator Team

Brydie Hind & Cynthia McFarland

Year 11 Coordinator Team