

positive wellbeing

Respect, Resilience and Looking Out for One Another

Positive Wellbeing features a series of short performances, creative activities, and classroom discussions about gender stereotypes and how to promote gender equality and positive relationships.

Students are asked to analyse, discuss and make decisions about friendships, behaviours, and establish a fundamental practice of consent. The Program also addresses bullying, calling out problematic behaviour, rumour spreading, peer influences, resilience and help-seeking. Teacher and student resources are provided. All content is aligned with the Department of Education and is age appropriate.

Positive Wellbeing is a three-part program:

- Part 1 – School Presentation delivered by BCH’s Creative Learning Team
- Part 2 – In-Class Session delivered by School Staff
- Part 3 – School Presentation delivered by BCH’s Creative Learning Team

Positive Wellbeing is available for multiple year levels:

- Grade 3/4
- Grade 5/6
- Year 7/8

If you’re interested in delivering *Positive Wellbeing* at your school, or would like further information, please contact the BCH Health Promoting Schools Team at healthpromotion@bchc.org.au.

Ballarat Community Health (BCH) is proud to offer the *Positive Wellbeing* Program to schools participating in the [Health Promoting Schools Framework](#).