

# Reflections



Think about your participation in the Life Education session and complete the following sentences.

The most important message I will remember is ...

One new thing I learnt was ...

The part I liked the best was ...

I would like to learn more about ...

# Your Best Self

RELATE  
RESPECT  
CONNECT

Complimenting others not only makes others feel great, but we feel great too, and when we feel worthwhile, others are drawn to us.

Write down every student in your class. Next to each name, write one thing you really like about this person – do they make you laugh, do you admire their hair, are they the first to volunteer when a student or the teacher needs assistance? Do this for yourself too.

Consider what qualities you most admire in yourself. This is an anonymous compliment, no one needs to know who has written what.

Once everyone has submitted their list, the teacher will sort through the comments and combine all the comments said about each student. At the end, every student will receive a page full of things their classmates like about them.

Put your list somewhere you will see daily as a reminder of just how amazing you are!

Student Name	Compliment

[illegible]

# A Respectful Home



We know it is important to be respectful to other people, but do we always remember to be respectful to our family members when we are at home together?

To help you and your family show respect to each other, create a map of your family home and write out the respect rules for each area.

Write at least one way you can show respect in each room. For example, you and your brother both like playing the playstation in the lounge room. You could set a timer so that you both get equal playing time. To keep all the family accountable, you could all sign the map as a pledge to remember to be respectful.

# A Sense of Belonging and Self-Respect

RELATE  
RESPECT  
CONNECT

Belonging and being a part of a group of friends or community is important to everyone.

As people we feel better and healthier around other people. Think about your own life and add to the lists below. Try to act on these things to foster a better sense of belonging amongst your friends, classmates and family.

What gives me a sense of belonging?

How can I make others feel like they belong?

You may have realised that feeling like you belong – to a sports team or friendship group, for example – makes you feel good and that you are respected and valued by others. When you feel like you belong you are more likely to have the confidence to be yourself around others. We call this feeling “self-respect”.

Self-respect is something you can improve by doing things for yourself. Collect some strategies for developing self-respect from other people. Ask your friends, teachers and family about what they do to feel good about themselves and to communicate that they expect to be treated with respect. We have included some suggestions below. Add to this list:

*Get involved in activities I enjoy.*

*Be kind and respectful to other people.*

*Spend time with people who care about me and make me feel good about myself.*

# Note to Parents and Carers



Your child has taken part in the Life Education Relate Respect Connect module.

## What is it about?

The Relate Respect Connect module focuses on:

- Characteristics of positive relationships
- The role that positive relationships play in people's health and wellbeing
- Social and emotional learning
- Strategies to help maintain positive online and offline relationships
- Strategies to respond to unsafe or disrespectful situations online/offline

## Why is it important?

Opportunities for students to learn how to treat others with respect helps them to develop prosocial moral values and these, in turn, create a "moral map" for them to use throughout their lives. Engaging in respectful relationships also assists students to create a self-perception of themselves as 'good people'. The skills needed to build positive and respectful relationships, effective communication and decision making in social situations are fundamental components for promoting resilience and positive mental health as well as future academic and career success.

## So what's next?

Life Education Victoria has provided your child's teacher with digital resources to use in the classroom.

You can continue the learning and conversations with your children about how to relate, respect and connect by accessing a range of videos, information and other helpful resources for parents and carers on our website.

[www.lifeeducation.org.au](http://www.lifeeducation.org.au)