

## GANNAWARRA & NORTH LODDON

# SECONDARY SCHOOL PROGRAM

NDCH works across Gannawarra and Northern Loddon schools. In 2024 we will be piloting **Consent Matters, Seeing through the haze and Gannawarra/Loddon Young People Eat Well.**

All modules are aligned to the Victorian Curriculum.

**Both programs are provided FREE of charge.**

### Information & requirements

- Cost: FREE, funded by Community Health
- Duration: 50-60 minutes. Structured around your bell times.
- Group size: per classroom or cohort

### Booking requirements:

- Email [healthpromotion@ndch.org.au](mailto:healthpromotion@ndch.org.au) or book via the QR code.
- Bookings are subject to availability.



### CONSENT MATTERS

## Consent Matters

**Recommended for groups aged 14+**

This module explores affirmative consent activities. Students will explore one or more of the following activities;

- **What is a Healthy Relationship?** This activity is to help young people explore what the features of a healthy relationship are and how a person knows if they are present in relationships.
- **How do you ask?** This activity is to help young people understand the importance of seeking consent before anything sexual happens with another person.
- **Sexual Continuum;** This activity is to help young people understand ethical and legal sexual behaviour. Young people will explore scenarios which help to identify consent, pressure, coercion or force in a sexual situation.

*This module is based off resources developed by Sexual Health Victoria.*

### Seeing through the haze

## Seeing through the haze

**Suitable for year 7 –year 10**

This module explores the harms of vaping. Students are invited to take on the role of a community health researcher, the below activities provide students with the knowledge and skills to be able to plan and implement a school or community campaign.

- Getting the facts
- Finding and accessing help
- Advertising techniques

*This module is based off resources developed by Quit Victoria, in partnership with Monash University, VicHealth, the Victorian Department of Education, Victorian Curriculum and Assessment Authority (VCAA), and the Australian Council for Health, Physical Education and Recreation (ACHPER) Victoria.*

### VIC KIDS EAT WELL

## Gannawarra/ Loddon Young People Eat Well

**Suitable for year 7 –year 10**

This module explores your school canteen. Students explore

- Refreshing the fridge ; swapping sugary drinks for healthier drinks
- Switch up the snacks
- Change up the menu; boost veggies and salad
- Put the 'fun' into fundraising and marketing

*This module is based off a Victorian Government program.*

**Contact:** [healthpromotion@ndch.org.au](mailto:healthpromotion@ndch.org.au) for more information