



MARIST COLLEGE NORTH SHORE

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Dear Parents/Guardians,

Pastoral Care Lesson - Overview

Today your son engaged in a pastoral care lesson; the themes of the lesson are outlined in the table below. There is a question accompanying the lesson outline, which you may choose to ask your son this evening.

Pastoral Care Lesson Focus	
Year 7	Building Respectful Relationships - How to Help a Friend
Year 8	Stress Management
Year 9	Camp presentation
Year 10	Developing Skills to Build Respectful Relationships
Year 11	Positive Gender Relations - Pornography, gender and intimate relationships

Year 7: How to help a friend

The learning intention of today's lesson was to provide students with the necessary tools to support a friend who may be experiencing violence. It also aimed to assist students in understanding the impact and outcome of violence on the lives of victims and survivors, as well as some strategies to take action. During the lesson students had the opportunity to complete a survey on their experiences of Year 7. One of the issues raised in the survey was the issue of bullying. I encourage parents to discuss this issue with your sons - both in terms of being involved in bullying and those who are victims of bullying. One area the survey included was the difference between "banter" and "bullying". Sometimes when speaking with boys about bullying they will say "it is only banter" but clearly the behaviour had become far more than banter.

The College has a very clear policy on bullying and students are always encouraged to seek support from the College if they experience bullying.

A question to ask your son: *What can I do to help a friend who I think is a victim of violence?*

Year 8: Stress management

The learning intention of today's pastoral care lesson was for students to understand what stress is and what common stressors are. Students then had the opportunity to investigate stress coping strategies.

Questions to ask your son: *What are some stress coping strategies you could implement if you were stressed?*

Year 9: Camp preparation

Camp instructors came to the College to address students about the upcoming camp, how they should prepare and what they should expect.

Year 10: Developing Skills to Build Respectful Relationships

The learning intention of today's pastoral care lesson was for students to develop an understanding of the potential impact of technology on their relationships and to build an understanding of the required skills to foster respectful relationships. Students also experienced an introduction to the peer support which every Year 10 student will engage in on Monday and Tuesday in Week 9.

Questions to ask your son: *What are the qualities of an effective leader? What leadership skills do you need to develop in order to establish positive relationships?*

Year 11: Positive Gender Relations

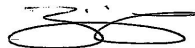
The learning intention of today's lesson was for students to think critically about the potential influence of violent pornography on intimate relationships. The lesson also aimed to heighten student awareness of how gendered behaviours shown in pornography can shape people's understanding of sexual and intimate relationships.

A question to ask your son: *What influence does the growing prevalence of pornography have on intimate relationships? How can pornography perpetuate negative gender stereotypes?*

Yours sincerely,



Matthew Fitzgerald
Acting Assistant Principal



Brigid Taylor
Acting Principal