



WELLBEING NEWS



In this edition of SchoolTV - Raising Boys

Many parents will attest to the fact that most boys are active, loud, rambunctious and prone to rough play, but this should not affect how a parent acts towards their son. Be careful not to pigeon-hole your son into sex-specific behaviours or gender roles. The male brain is distinctly different in its development. A boy's physical maturity is often at odds with his mental and brain development.

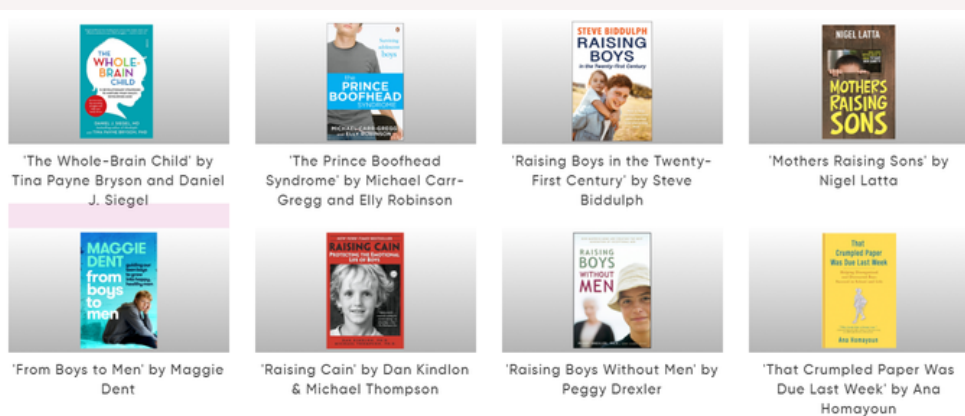
Societal beliefs about how to raise boys can sometimes influence their adult carers. Although we are not determined by our biology, it is a factor. It is important to support boys in their natural tendencies and nurture their strengths and abilities. Teach them the skills they need for their future and to develop a healthy identity. It is important for boys to have a role model they can connect with and acknowledge who they are. One of the most important determinants for a boy's development is how secure they feel growing up.

In this edition of SchoolTV, adult carers will gain a better understanding into some of the more complex issues relating to raising boys.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact Jess Courtney for further information or seek medical or professional help.

Here is the link to the Raising Boys edition of SchoolTV

<https://spcamperdown.catholic.schooltv.me/newsletter/raising-boys>



Raising boys

Raising boys is a rewarding yet challenging journey for parents and caregivers. It involves shaping young minds and helping them develop into responsible, confident and empathetic individuals. As boys grow, they face numerous physical, emotional and social changes, and it is the role of parents to provide guidance and support during this crucial time. Raising boys means creating a safe and nurturing environment, teaching them important life skills, and instilling values such as respect, honesty and empathy. With patience, understanding and a positive approach, parents can help their sons grow into well-rounded, confident young men.

Empower confidence. Start the conversation using these strategies:

- 1. Healthy masculinity**
Discuss the importance of this and encourage your son to embrace a positive, respectful and inclusive view of masculinity.
- 2. Consent and sexual health**
Teach your son about consent, boundaries and sexual health, including healthy relationships, contraception and STI prevention.
- 3. Emotional intelligence**
Encourage your son to express his emotions and provide a safe and supportive environment for him to do so.
- 4. Gender roles and stereotypes**
Discuss the impact of toxic masculinity and help your son understand the importance of rejecting harmful gender stereotypes.
- 5. Body image and self-esteem**
Teach your son about positive body image and encourage him to embrace and respect his own body, as well as others.
- 6. Diversity and inclusion**
Discuss the importance of respecting others, regardless of differences in race, religion and gender.
- 7. Social skills with peers**
Encourage your son to be a positive role model and leader among his peers, helping him to develop strong social skills.
- 8. Digital citizenship**
Teach your son about responsible and safe use of technology, including online privacy, cyberbullying and digital reputation.
- 9. Mental health**
Discuss the importance of mental health, encourage him to talk about his feelings, seek help if needed, engage in regular exercise and get plenty of sleep.
- 10. Discuss risks**
Discuss the dangers of these substances and help your son understand the importance of making healthy choices.

RESILIENCE, RIGHTS AND RESPECTFUL RELATIONSHIPS

St Patrick's School is a proud Respectful Relationships school.

Respectful relationships education supports students to develop the knowledge, attitudes and skills needed for respectful relationships, and helps to build respect and equality across the entire school community.

Research tells us that providing respectful relationships education at school can lead to positive impacts on students' academic outcomes, their mental health, classroom behaviour and relationships. Our school uses evidence-based teaching and learning resources to teach our students about Respectful Relationships from Foundation to Grade 6.

The Resilience, Rights and Respectful Relationships resources have 8 topics that teach students about emotional literacy, personal and cultural strengths, resilience, problem-solving, stress-management, help-seeking, gender norms and stereotypes and positive gender relations.

This term most classes are working on Topics 7 and 8, which helps students to learn how gender expectations can influence attitudes and behaviour, and about positive gender relationships.

They learn about respect, equality, inclusion, and the importance of safe and positive relationships. The topic also helps students understand that any form of violence (verbal, physical, emotional, financial, or sexual) is harmful.

Students also learn about consent, personal rights, and how to seek help or support for themselves or others in unsafe situations, including online.

You can view a sample activity from topic 7 here →

FAIRYTALE DETECTIVES 🔍

Task sheet
Name of the fairytale:
Name of the character:
Are they human or animal?
Are they women, men, gender diverse, gender neutral?
What does their character get to do?
Does their character get to speak a lot?
What are their possessions?
What are their looks? What do they wear?
Do they get to show they have power or strengths?



If you have any questions about Respectful Relationships education, you can contact Jess Courtney and visit the Victorian Government's Respectful Relationships page: <https://www.vic.gov.au/respectful-relationships>