

2021 Marist Merici Year 7 Program

Information - from the Archbishop's Office for Evangelisation

A team from the Archbishop's Office for Evangelisation will be coming to the Marist-Merici Year 7 retreat days to present the Level 1 **Choices, Decisions, Outcomes** personal development program. The 70 minute program includes a whole group presentation and small group discussions lead by trained young adult facilitators.

The topics covered will include:

1. Unhealthy Dynamics in Friendships and Relationships.

Students watch [short video animations](#) depicting control, clinginess, put downs, isolation etc. Students will have the opportunity (without identifying specific people) to participate in facilitated small group discussions about where they may have seen similar unhealthy dynamics either in films / TV shows or in actual relationships.



2. Healthy Friendships and Relationships

Students participate in an interactive small group exercise with the facilitator drawing out from the students qualities they have observed in people who 'seem to know how to be a good friend': loyal, sense of humour, dependable etc. The conversation is guided toward the importance of respecting boundaries (a pre-cursor to consent education) and being respectful of difference. Students also identify the need to find good friends who share our values. The exercise culminates in the students recognising that even in a future potential romantic relationship the qualities of a good friendship are foundational.



3. Friendship Doll Craft Activity

After two fairly challenging discussion based learning activities the Friendship Doll activity allows the students to relax a little by focussing on a fun but meaningful craft activity. Students choose the wool colours which represent the qualities they might be looking for in a future 'significant other'. They get to take this doll away with them as a reminder of today's learning



Feedback

Time is provided during each program for students & staff to provide feedback on the program so that any problems are readily identified and the team can continuously improve the effectiveness of the program. A written report will be provided to Marist and Merici within a fortnight of delivery of the program.

Program Background

In late 2007, Archbishop Mark Coleridge and the Catholic Education Director, Ms Moira Najdecki, identified a need for an Archdiocesan strategy to promote mature faith formation in students by connecting the Church's teaching on the human person, sexuality and intimate relationships.

In response to this request, the Archbishop's Office for Evangelisation has developed the Intimate Relationships Learning framework which incorporates the establishment of effective intimate relationships and sexual health education that comply with curriculum requirements which involve social and psychological components such as self respect, self-awareness, respect for others, responsibility, self-confidence and decision making tools.

The framework is also consistent with Catholic teaching and will provide direction for education on intimate relationships and sexual health which support the psychosexual, social and spiritual growth of the students as they progress through the different stages of their development to human maturity. The aim will be to provide an integrated approach that brings these different aspects into relationship with one another.

If you have any further questions about the **Choices Decisions Outcomes** program, please feel free to contact course co-ordinator Lara Kirk, who, apart from being a trained educator, is also a Catholic parent of 5 children, in their teenage and young adult years, and so shares the concerns of many parents about approaching these topics sensitively and respectfully. Lara can be contacted at lara.kirk@cq.org.au or on 0429 192 869.



13 July 2021

Event	Year 7 Marist-Merici Respectful Relationships Day		
Location	Marist College, 27 Marr St, Pearce ACT 2607		
Date	3 August 2021 or 10 August 2021	Time	9.00am – 3.07pm
Transport	Marist College bus	Uniform	School winter uniform
Cost	N/A	Contact no.	0408 022 526
Return of note/money	Monday 19 July		

Dear Parent/Guardians

Year 7 2021 students and a group of Year 10 students have an exciting opportunity to participate in a combined Marist College and Merici College on 3 August or 10 August 2021. Entitled 'Respectful Relationships', this is an initiative designed to bring the brother-sister schools together for a day which includes ice breaker games, Youth Ministry activities and a 'Choices, Decisions, Outcomes (CDO)' relationship building session. Youth Ministers and Year 10 CSYMA/Christian Ministry students of both colleges, staff and a team from the 'Marriage, Family and Relationships, Catholic Archdiocese of Canberra and Goulburn' will facilitate the sessions. The Merici College Year 10 students invited to assist with the facilitation of the days are part of the group studying the CSYMA course in Year 10 RE in Term 3.

A team from the Archbishop's Office for Evangelisation will be coming to the Merici-Marist retreat day to present the Choices, Decisions, Outcomes personal development program to our Year 7 students. The 70-minute program includes a whole group presentation and small group discussions lead by trained facilitators.

The topics covered will include:

- Unhealthy & healthy dynamics in friendships and relationships
- The importance of good friendships and the qualities which make someone a good friend.
- Respectful friendships between boys and girls and thinking ahead to make wise choices about exclusive relationships.
- Tips on how to develop well rounded, healthy relationships with others.

If you have any further questions about the Choices Decisions Outcomes program, please see attached information and feel free to contact course coordinator Lara Kirk, who, apart from being a trained educator, is also a Catholic parent of 5 children, in their teenage and young adult years, and so shares the concerns of many parents about approaching these topics sensitively and respectfully. Lara can be contacted at lara.kirk@cg.org.au or on 0429 192 869.

To help facilitate the sessions, the Year 7 cohorts will be divided into two groups and will attend one of the two days, either 3 or 10 August. Your daughter will be advised which day she is attending. Year 10 students will also be advised of which day they will be attending to assist with the facilitation of the day.

The outline of each day is as follows:

MERICI COLLEGE

Wise St
Braddon
ACT 2612

GPO Box 154
Canberra
ACT 2601

Telephone (02) 6243 4100
Facsimile (02) 6243 4199

principal@merici.act.edu.au
www.merici.act.edu.au

9.10am Depart Merici College
9.40am Arrive Marist College
9.45am Session 1: whole group Plenary & ice breakers
10.15am Recess
10.45am Session 2: Group A Choices, Decisions, Outcomes (CRLC) & Group B Youth Ministry
12.00pm Session 3: Group A Youth Ministry & Group B Choices, Decisions, Outcomes
1.15pm Lunch
1.45pm Session 2: Whole group final reflection
2.00pm Depart Marist College
2.30pm Arrive Merici College

All Year 7 students are asked to bring their own recess and lunch. A canteen will not be available.

Year 10 students will be provided with lunch on the day but are asked to bring their own recess. Please provide any details regarding dietary requirements on the attached consent form.

Please return permission notes to Mrs Kate Durham kate.durham@merici.act.edu.au by Monday 26 July. As per COVID-19 guidelines, If you daughter is unwell, she should not attend the excursion.

Please remind your daughter that appropriate behavior is expected at all times as she is a representative of the College.

For further information, please do not hesitate to contact us on 6243 4100 before the excursion.

Yours sincerely,



Kate Durham
Head of Junior School



Amy Connellan
Head of Mission and Community

Archdiocese of Canberra and Goulburn Consent Form

Category B Excursions

Student Name	
Date	3 August 2021 or 10 August 2021
Excursion To	Year 7 Marist-Merici Respectful Relationships Day Marist College, 27 Marr St, Pearce ACT 2607
Organising Teacher	Kate Durham & Amy Connellan

Student Medical Details

Please detail any medical conditions and treatment plans for your child, relevant to this excursion that we have not already been notified about.		OR	No changes or new medical information <input type="checkbox"/>

I give permission for my daughter to attend this excursion

Parent/Guardian Signature	
Contact Number on day	
Date	

Please note that Merici can accept the returning of permission notes from a registered parent/guardian email address. There is no need to print and scan