

Conscious Communication Curriculum Roadmap - Middle/Senior Years - South Australia

Session Progression & Focus

Curriculum Links/ Outcomes	KS:CPC	Health & PE (v9)	Wellbeing & Engagement	General Capabilities	Essential Learnings	SEL Competencies (CASEL-style)
Listening and Awareness	Right to be safe - (body warning signs), relationships (respectful listening).	Understand changes in adolescence affecting emotions/relationships; develop communication skills for health, safety, wellbeing.	Emotional literacy, classroom readiness, peer connection.	Personal & social capability, critical/creative thinking, literacy (listening/speaking).	Self-awareness & emotional regulation; learning through reflection; connected, wellbeing education.	Self-awareness (body cues, emotions, thoughts), self-management, focus, regulation, social awareness (attuning to others).
Empathy and Perspective	Relationships - caring interactions, protective strategies (supporting peers).	Build respectful relationships, recognise diversity, practise inclusivity for self/others' wellbeing.	Belonging, reduced isolation, inclusive climate.	Personal & social capability, intercultural understanding, ethical understanding (fairness/respect).	Social competence & empathy; collaborative learning; understanding diversity in adolescent contexts.	Social awareness (empathy, perspectives), relationship skills (understanding impact), responsible decision-making.
Respectful Expression	Relationships (boundaries/ consent), protective strategies (saying "no," stating needs).	Use communication/problem-solving for relationships/conflict to enhance health, safety, wellbeing.	Reduced aggression, clear boundaries, constructive help-seeking.	Personal & social capability, literacy (oral), ethical understanding (rights/responsibilities).	Communication & negotiation skills; personal goal-setting; safe expression in learning community.	Self-management (impulse control, language choice), relationship skills (assertive communication), responsible decision-making.
Authentic Vulnerability and Safety	Right to be safe, relationships (trust), recognising/reporting abuse, protective strategies.	Recognise mental health influences; strategies for supportive/safe environments.	Psychological safety, increased help-seeking, resilience.	Personal & social capability, ethical understanding (consent/stories), literacy (reflective).	Emotional wellbeing & help-seeking; safe learning environments; personal learning plans (ILPs) for self-management.	Self-awareness (authentic needs), self-management (coping/limits), relationship skills (trust/help-seeking).
Conflict Resolution	Relationships conflict management, protective strategies (safe resolution), recognising abuse.	Manage conflict/risk in online/offline contexts using communication/problem-solving.	Reduced harmful conflict, stronger relationships, safety.	Personal & social capability, ethical understanding (fairness), critical/creative thinking (options).	Problem-solving & conflict resolution; self-regulation for engagement; whole-student philosophy.	Social awareness (contextual empathy), relationship skills (prosocial support), responsible decision-making (community impact).
Compassion in Action	Protective strategies (helping others), relationships (bystander support).	Propose strategies for personal/community health/safety; contribute to positive culture.	Prosocial behaviour, peer support, reduced exclusion.	Personal & social capability, ethical understanding (common good), critical/creative thinking.	Community contribution & leadership; ethical decision-making; connected learning for positive behaviours.	Relationship skills (negotiation/repair), self-management (de-escalation), responsible decision-making (fair solutions).