

**SUGGESTED LEARNING ACTIVITIES:
DEADLY SISTA GIRLZ – TEACHER'S NOTES**

UNIT 2	Individual human development and health issues
AREA OF STUDY 3	Adult health and individual development: Outcome 3
KEY KNOWLEDGE	<ul style="list-style-type: none"> • Characteristics of physical development during adulthood, including the physiological changes associated with ageing. • The social, emotional and intellectual development associated with the stages of adulthood and ageing. • The health status of Australia's adults, including the similarities and differences between adult males and females. • Determinants of health and individual human development of Australia's adults, including at least one from each of the following: <ul style="list-style-type: none"> - biological, such as genetics, body weight, blood pressure and blood cholesterol. - behavioural, such as sun protection, smoking, physical activity, food intake, alcohol and drug use and sexual practices. - physical environment, such as housing, workplace safety, neighbourhood safety and access to healthcare. - social, such as media, level of education, employment status and income, the workplace, community belonging, that is, voluntary work and social connections, living arrangements, social support, family and work–life balance. • Determinants that act as risk and/or protective factors in relation to one health issue such as cardiovascular disease, cancer, type 2 diabetes, obesity or mental illness. • Government, community and personal strategies and programs designed to promote health and individual human development of adults.
KEY SKILLS	<ul style="list-style-type: none"> • Describe the characteristics of development during adulthood • Interpret data on the health status of Australia's adults • Explain the determinants of health and individual human development and their impact on adults using relevant examples • Describe a specific health issue facing Australia's adults and draw informed conclusions about personal, community and government strategies and programs to optimise adult health and development.
RESOURCES	<ul style="list-style-type: none"> • Deadly Sista Girlz website: http://www.deadlysistagirlz.com.au/ • Close the Gap 2014 – Ending health inequality in a generation: http://youtu.be/5S8vjhZZE4w • Australian Institute of Health and Welfare website: http://www.aihw.gov.au

LEARNING ACTIVITIES

*These are available as
Student Worksheets.*

ACTIVITY 1: DEADLY SISTA GIRLZ

In groups, student create a poster on one of the following conditions: CVD, Type II Diabetes, Obesity, Mental Illness.

Each poster should include the following information:

- An overview of the condition
- Stats impacting on Indigenous and Non-Indigenous
- Determinants of health addressed by the Deadly Sista Girlz program and how they act as protective factors to the health issue.

They could be created by hand using butchers paper or A3 paper, on the computer or iPad, or online using programs like Lucidpress: <https://www.lucidpress.com>, Smore: <https://www.smore.com> or Canva: <https://www.canva.com>

ACTIVITY 2: DEADLY SISTA GIRLZ BROCHURE

Create a brochure the Deadly Sista Girlz could use to promote their organisation. The information should outline the program and how Deadly Sista Girlz optimise health and human development of individuals in their community.

Other than the physical benefits of the program and the initial focus of the pilot program, describe the potential impact on the social and mental health for Indigenous women involved in this program.

They could be created by hand using butchers paper or A3 paper, on the computer or iPad, or online using programs like Lucidpress: <https://www.lucidpress.com>, Smore: <https://www.smore.com> or Canva: <https://www.canva.com>

Extension Activity:

A new initiative of the Deadly Sistas is the Deadly Jarjums Program, a new program recently for young people – our kids, grandkids, nieces and nephews. This program has been designed to teach/support our kids in Governance/Board Structure. They will also make decisions around their healthier exercise program for all jarjums involved. The Deadly Sistas will mentor each Deadly Jarjum Board member.

Suggest reasons for this new initiative, and the impact on health it will have for the Indigenous community involved.