

## REACH Strengths of Character



The topics, work and discussions had in REACH will help develop students' Strengths of Character. The aim of REACH is to provide active, stimulating and useful lessons that enable students to make informed decisions about their own personal health & Safety, develop positive relationships with others, take charge of their ambitions, and allow them the opportunity to discuss, debate and get involved with the issues that affect them and their community.

HTS Strengths of Character encourage personal development in terms of self-identity and awareness, mental health, social interaction, collaboration and evaluation of success/failure. Students will participate in a range of classroom-based workshop style activities that will help them to explore and challenge their idea of self, empathy, and decision making when living in a community.

### **Dignity and Respect:**

- Students will recognise difference and diversity (e.g. culture, lifestyles, sexuality or relationships) and will demonstrate understanding and empathy towards others who live their lives differently
- They will assertively challenge prejudice and discrimination (e.g. related to gender, race, disability).
- They will recognise and discuss the importance of relationships to marriage, parenthood and family life.
- They will discuss ways that relationships change over time, and how to build successful relationships using positive language and acts of kindness.

### **Community and Teamwork:**

- Students will be taught how to learn and how to be a positive member of our school community.
- They will learn about different communities and how the use of language and greater knowledge/understanding is important to build respectful links within many communities.
- They will learn how to have a thoughtful and respectful voice, so that they can share their talents and knowledge.

### Wisdom and Resilience:

- Students will explain how to stay physically and mentally healthy.
- They will make informed choices to maintain their health and well-being and can explain reasons for these choices.
- They will be able to assess the element of risk attached to making choices about healthy lifestyles, travel, personal safety and personal finances.
- They will state the basic facts and laws about alcohol, tobacco and legal & illegal drugs.
- They will demonstrate effective ways of resisting negative pressure, including from their peers (e.g. knowing where to get help, knowing there is an option to delay, showing resilience).

### Hope and Aspiration:

- They will plan and set realistic and achievable targets for themselves.
- They will begin to explore different career paths, so that they have aspirational goals to work towards.
- They will start to understand how to plan and budget their money, so that they begin to understand the value of finance.

### Strengths of Character:

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<b>Dignity and Respect</b>	Must continue to develop their understanding of respect and kindness.	Good at listening to others.	Able to encourage, congratulate and care about others.	Shows kindness and understanding despite peer pressure or the stress of school life.	Strong enough to help someone build on their weaknesses with care and compassion.	Acts as a role model despite challenge, peer pressure and the pressures of school life.
<b>Community and Living well Together</b>	Must continue to develop their sense of being a part of a community.	Can work with a variety of other people.	Able to make friendships with a range of people outside of their immediate group.	Able to show care and consideration of other people.	Able to show empathy and adaptability in a variety of socially challenging situations.	Thinks about and finds a solution to help build positive relationships within the school community.
<b>Wisdom and Resilience</b>	Must continue to develop their resilience.	Works hard each lesson to show improvement.	Keeps going even after experiencing disappointment or uncertainty.	Shows they are able to make good decisions in challenging situations.	Able to show self-control and a good emotional understanding.	Shows dignity, honesty and integrity in the community.
<b>Hope and Aspirations</b>	Must continue to think about their hopes and aspirations for the future.	Shows a willingness to explore new ideas or situations.	Has set themselves a target and actively works towards achieving this goal.	Shows independence in their learning and experiences which will help them achieve career goals.	Independently seeks out other people to help them successfully achieve their personal goals.	Works with dedication and a single minded focus to achieve their future aspirations.