Inclusivity and Compassion

The Power of COMPASSION
Outcomes Stage 4:

- investigates effective strategies to promote inclusivity, equality and respectful relationships PD4-3
- applies and refines interpersonal skills to assist themselves and others to interact respectfully and promote inclusion in a variety of groups or contexts PD4-10

Key Inquiry Questions

What skills and strategies can be used to promote inclusivity, equality and respectful relationships?

Students:

- describe how rights and responsibilities contribute to respectful relationships
- discuss the characteristics of respectful relationships, eg empathy, being inclusive, accepting differences I
- discuss ethical behaviour in relationships and recommend actions to promote their own and others’ health and safety, eg consent
- practise being respectful, sympathetic and empathetic to different viewpoints and plan alternative ways to respond to others

Outcomes Stage 5:

- analyses factors and strategies that enhance inclusivity, equality and respectful relationships PD5-3

Key Inquiry Questions

What factors enhance inclusivity, equality and respect in relationships?

Students:

- investigate how empathy and ethical decision-making contribute to respectful relationships (ACPPS093)
- demonstrate an understanding of empathy and compassion to appreciate difference and diversity through an analysis of individuals and groups including Aboriginal and Torres Strait Islander Peoples S I
- compare own decisions with those of others and acknowledge others’ right to act differently and to change their mind
PDHPE Propositions

Focus on Educative Purpose
This is explicitly stated in the learning goals and criteria.

Strengths-Based Approach
Compassion is a natural human instinct which is a strength that students can harness.

Develop Health Literacy
Defining compassion

Critical Inquiry
How can compassion be applied in your school?

Learning Goals:
- Understand how to apply compassion to enhance inclusivity

Success Criteria:
- Use the Solo Taxonomy scaffold to self-reflect on current knowledge of Compassion
- Understand the evolutionary benefits of compassion
- Define the core components of compassion
- Analyse how the core components of compassion is applied in the real world (people with disabilities. (This can be extended to ATSI or any other marginalised groups)
<table>
<thead>
<tr>
<th>My Level of Thinking and Learning is...</th>
<th>Learning Task: Compassion</th>
</tr>
</thead>
</table>
| **Extended abstract**                 | I can integrate the concept of compassion with other concepts, such as wellbeing, identity, inclusivity, diversity, conservation etc.  

I know how I can play a part in creating a more compassionate world. |
| I have several ideas about...         | I can look at these ideas in a new and different ways. |
| I can link them to the big picture    | |
| I can describe and explain 4 core components of compassion. |
| **Relational**                       | I understand how compassion is associated with my wellbeing and the wellbeing of others. I appreciate the evolutionary role compassion played in the ascendency of the human race. |
| I have several ideas about...        | |
| I can link them to the big picture   | |
| **Multistructural**                  | I can define compassion |
| I have several ideas about...        | |
| **Unistructural**                    | I haven’t really thought much about compassion |
| I have one relevant idea about...    | |
| **Prestructural**                    | |
| I am not sure about...              | |
Compassion

Access this website link:
https://wellbeingandphysicaleducation.com/wellbeing/compassion/

Read the blog page on compassion

Define “compassion”
___________________________________________________________________________
___________________________________________________________________________

“Evolutionary success favours the compassionate.” Explain this quote.
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Provide some evidence from neuroscience that humans are “hardwired for compassion”.
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

How does compassion help us to be brave?
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
Watch the YouTube clip.
https://www.youtube.com/watch?v=QmnJGQ_gDw

Complete the table below:

<table>
<thead>
<tr>
<th>Core Components of Compassion</th>
<th>Brief Definition</th>
<th>Explain how the core components of compassion applies to inclusion of people with disabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Humanity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Awareness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Empathy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Action</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>