

## EXAMPLES OF EDUCATIONAL WORKSHOPS



### Resilience:

**In Australia, approximately 20% of young people suffer from some form of mental disorder, with depression one of the most common problems**

Our Resilience/ Self Esteem Workshop gives participants tools and strategies on how to become more resilient through role-play, videos, games and group work. Resilience is a life skill that will give young people confidence to stand up, bounce back from difficult situations, value themselves and helps to promote and restore self-esteem. This workshop is designed to promote emotional wellbeing of young people and to develop skills for coping with adversity.

### Examples:

- Brainstorm “What is resilience, what is self esteem?”
- Heads and Tails Game about Resilience and Self Esteem
- Short Film about Resilience
- Introduction of the 5 essential resilience skills (helpful and positive thinking, planning ahead, reading emotions, courage and seeking help)
- Scenarios on **Optimism** (being resilient is about helpful and positive thinking)
- Group work on **Planning ahead** (being resilient is about setting goals, being persistent, resourceful and about self discipline)
- Activity on **dealing with difficult emotions** (being able to control your feelings and being able to read other people’s feelings)
- Activity on **Courage** (being able to overcome fear and to behave fairly)
- “My **Connections**” Activity sheet (being resilient involves having meaningful connections with people and the ability to reach out and **seek help**)
- Friendship Net (encourages students to describe qualities they like in their peers and as a result create a web out of wool, which symbolises the students’ connectedness as a group.)
- Sum Up and Evaluation

## Body Image and Self Esteem: 68% of 15-year-old girls are on a diet



Our Body Image and Self Esteem workshop is addressing different risk factors that can contribute to negative body image and the consequences of negative body image. Our workshop provides young people with awareness, strategies and tools to encourage self worth, body confidence and self-esteem.

### Examples:

- Short Film about Body Image
- Discussion on film; how we think we look is often related to how we feel about ourselves
- Body Image “Heads and Tails” game on facts about Body Image
- Exercise on “Things We Can Change and Things We Can’t”
- Activity on Defining Body Image
- Activity on Body Image/ Media and Peer Influence /Analysing of media messages
- Group work on “The Perfect Female Body Myth”
- Peer Pressure/ Body Image Scenarios
- Self esteem Quiz
- Self-Acceptance Activity
- Diversity of Beliefs and Values (to raise awareness of differences between each other and what impact peer pressure can have)
- “Accentuate the Positive”, Group work on positive attributes and character traits of each student
- Self Confidence Worksheet (Explore and identify what makes you feel good)
- Support Activity (How to support Friends who may be engaging in self harming behaviour e.g. reduction of food intake, harmful intake of drugs/alcohol or self injury)
- Where to go for help if negative body image is becoming a problem (e.g. a trusted adult, school counsellor, help lines, websites; [Kidshelpline.com.au](http://Kidshelpline.com.au))
- Tools to improve self esteem
- Activity on positive thinking (Replacing Negative thoughts with Positive ones)
- Net Activity on positive attributes/characteristics of students in the group **or** sharing tips on how to lift your self-esteem or nurture yourself.



## **Sexual Health:** **1 in 4 sexual active teenagers are infected with Chlamydia**

Our sexual Health Workshops introduce students to the risks of STI's, types of contraception, the dangers of sexting and ways of clearly saying "NO".

Our workshop focuses on the importance of making informed decisions.

Examples:

- Introduction Video "Everything you want to know about sex"
- "Heads and Tails" game about Sexual Health
- Brief exploration of the topic e.g. STI's + contraception
- Self reflection activity (what are their thoughts and perceptions about 'sexting' and the images they portray online? This activity will explore who they are as females and males, and how they want to present themselves? Does the Internet influence their sexual identity? If yes, how?)
- Activity on risk taking and problem solving in different situations (role play)
- "The Tea Concept" Video- (What is consent, who gives consent, why is consent important)
- "Virus Carrier Handshake" Game
- Assertive Communication Activity (to raise awareness of responsibilities, communication skills and safety issues associated with sexual activity, Consent – what does that mean? How to say 'no' without saying 'no')
- Diversity of beliefs and values (to raise awareness of differences between each other and what impact peer pressure can have)
- Anonymous Question Box
- Sum up of program

## **Self-Harm and Resilience:**

**6-7% of Australian youth aged 15-24 years engage in self-harm in any 12-month period**

Our Self Harm and Resilience workshop focuses on an understanding of self-harm and strategies to deal with it. It will support students to make healthy choices and built resilience in their way of dealing with conflicts.

Examples:

- YouTube video about self harm (optional)
- Debrief and discussion of film (optional)
- Brainstorming about Self Harm (What is self-injury? What do you know about it? What are the different ways people self injure?)
- Self Injury Quiz (to raise awareness and understanding)
- Exercise “the Inquiring Mind” (to be able to talk about themselves helps students to build self-esteem. This verbalization of facts and information about their life is reinforcement for self-expression and the fact that they have self worth)
- Activity on how healthy is your coping style (students will describe how they typically respond to various feelings and explore how healthy or unhealthy these coping styles are)
- Activity on “Sally’s letter” (the students gain understanding that self-injury is a way of coping with pressure people feel inside)
- Group work on alternatives to self-harm and discussing of distraction techniques
- Role Play – scenarios on peer pressure, secrets and life stress (through this exercise, students will be given the opportunity to assess and act out alternative coping mechanisms for dealing with stressful life circumstances)
- Activity on supporting someone who self injures
- Support Activity, Where to go for help
- Net Activity (encourages students to think about strategies to nurture themselves, improve their self esteem and as a result create a web out of wool)
- Sum Up and Evaluation

## Cyber Bullying Cyber Safety:

### 1 in 4 Australian children has been cyber bullied



Our Cyber Bullying/ Cyber safety workshop focuses on strategies and tools on how to be cyber safe. It will raise awareness of the consequences of cyber bullying and how to handle, stop and prevent cyber bullying.

Examples:

- Film "Cyber Sin", "Let's fight it" or "Best Enemies"
- Definition of Cyber Bullying
- Truth and Myths of Cyber Bullying
- Cyber Quiz – "Are you a Cyber Saint or a Cyber Bully"?
- Role Play on Cyber Bulling and Cyber Safety Scenarios
- The role of the Bystander in Cyber Bullying
- Support Activity (where to go for help)
- Cyber Quiz (Are you a cyber bully or a cyber saint)
- Continuum- which statements are the most harmful
- Dangers of Internet Games and "Sexting"
- Is cyber bullying illegal?
- Suicide and Cyber Bullying
- Tips for Cyber safety
- Cyber Safety Net Activity (a game where students make statements on how to stay Cyber Safe)
- Anonymous Question Box



## Peer Relationships/ Bullying:

**If a bystander discourages a bully there is a 50% chance that the bully will stop**

Our Peer Relationship/ Bullying workshop aims to raise awareness about participants' understanding and development of healthy relationships. It will support participants to make healthy choices and built resilience in their relationships as well as raising awareness of the consequences of bullying.

### Examples:

- Film "Let's fight it", "Cyber Sin" or "Best Enemies"
- Debrief of the film as intro. to peer relationships/bullying including definition of Bullying
- Truths and Myths game about Bullying
- Brainstorm "What is a good friend"
- Group work (feelings of victim, reasons for people to bully, role of Bystander)
- The role of the Bystander in Bullying. Bystanders have the power to reduce bullying at schools and on line
- Support Activity (where to go for help if you or a friend is being bullied either at school or online)
- Group work on Strategies to stop and prevent bullying and cyber bullying
- Dobbing vs. reporting
- Roll play on Exclusion & Bullying how students can prevent this
- Self esteem Quiz
- Tools to improve self esteem
- "Accentuate the Positive", Group work on positive attributes and character traits of each student
- "Diversity of Beliefs and Values" Activity (to raise awareness of differences between each other and what impact peer pressure can have)
- Self Confidence Worksheet (Explore and identify what makes you feel good)
- Activity on positive thinking (Replacing Negative thought with Positive thoughts)
- Net Activity on positive attributes/characteristics of students in the group **or** sharing tips on how to lift your self-esteem or nurture yourself.
- Anonymous Question Box

# Alcohol and Other Drugs/ Safe Partyng:



## 86% of 14-year-old students have tried alcohol

Our Safe Partyng workshop introduces participants to the risks and effects of alcohol and other drugs and focuses on refusal strategies. We provide tools and strategies to help participants to make informed decisions.

### Examples:

- Short Film “The Gathering” about Alcohol/ Partyng and the consequences of it
- Debrief of the film and how it relates to the students
- “Heads and Tales” game about Safe Partyng, Alcohol and Other Drugs
- Interactive Prezi Presentation about the impact of Alcohol on Young People (especially on the developing brain)
- Drug Triangle, Explanation of the three factors that influence how a drug affects individuals
- “Fortune Teller” Activity to make students aware that the risk associated with drugs can vary according to the person, the drug and the environment.
- Drug education (impact of different kind of drugs (e.g. Ecstasy, Marihuana, Ice) – taking a ‘Harm Minimisation’ approach)
- Role Play Activity on risk taking and problem solving in different situations – highlighting options and possible outcomes in high risk situations
- Standard drinks activity and health issues related to drinking
- “Fatal Vision” Activity (hands on demonstration of vision impairment due to Alcohol)
- Group Discussion on “Encouraging Responsibility around Alcohol”
- Tips for safe and responsible partyng
- “Feeling OK about saying No” Net Activity to develop refusal strategies
- Anonymous Question Box

## Dealing with HSC Stress and Stress Management:



**Up to 30% of female students and up to 11% of male Year 12 students have shown symptoms of acute anxiety**

An alarming number of students in their final year of High School are breaking down in psychological distress as they prepare to sit their HSC exams. We give students tools and strategies to help them survive this stressful time.

Examples:

- Introduction Brainstorm “What is stress?”
- “Truths and Myth” Game about Stress
- Stress Activity “How stress affects the human body” (help students understand their body’s responses to stress, and how to cope with stress in a healthy way)
- Interactive Prezi Presentation about “Stress” (what is stress, how to make stress your friend not your enemy)
- Handling Unfortunate Events Game (encourages students to be more optimistic and find positive points about negative situations)
- Positive affirmation activity
- Visualisation/ Relaxation Exercise
- “My Own Action Plan” for coping with stress (develop personal strategies to deal with pressures. By encouraging students to recognize and participate in personal strategies to manage stress, we help to build their resilience in facing challenges)



# Parent Information Sessions:

**Cost for one session is \$400**



## 1) Bullying/Cyber Bullying

- Reason for running workshops
- Cyber bullying
- Consequences of online bullying
- Warning Signs for children being bullied online
- Ways of handling a cyber bullying situation
- Cyber Safe practices
- Ideas how to avoid and stop cyber bullying
- Law – publishing picks and uploading – what are the consequences
- Employers are now googling potential employees – looking on You Tube/ Facebook/ High Schools
- Question time

## 2) Alcohol and Drugs/ Safe Partying

This presentation will address the complex issues that young people and parents face in relation to parties. The following areas will be covered:

- Current views on young people and alcohol and other drugs
- Risks associated with Alcohol
- Impact of Alcohol on the developing brain
- Statistics and Facts
- Responsibilities and legal requirements of parents in relation to hosting parties
- Communication between adolescents and their parents with respect to drugs, alcohol and safe partying
- What to do in an emergency situation at a party
- Hosting and attending a house party – what to think about before/during/after
- Guide for Parents (5 Point Plan for Parents)
- What if scenarios
- Parent/ Teenager pledge for safety
- Question time

### **3) Adolescents**

This presentation focuses on the issues that young people face and how parents can deal with them.

- Highlights and Challenges of being a parent
- Issues that young people face
- Teenage smoking and drinking and intimate relationships
- Signs to look out for
- Strategies and tools on how to deal and communicate with teenagers
- Parent/ Teenager pledge for safety
- Question Time

### **4) Resilience**

The aim of this presentation is to look at “Resilience”, what resilience is, what essential skills are needed and how parents can help. Having resilience skills minimises the effect that negative, stressful situations can have on a young person. These skills allow a young person to face challenges, learn from them and apply these skills towards living a healthy life.

- Brainstorm “What is resilience?”
- Reasons why has it become harder for our children to bounce back after set- backs (e.g. overprotection, perfectionism, too many choices etc..)
- How resilience works as a protective factor against anxiety and depression
- Skills that Young People need to be resilient (e.g. positive thinking, dealing, emotional awareness, Courage, Planning ahead, Connectness and reaching out etc..)
- Tips for parents to be Resilience Coaches at home (e.g. realistic goal setting, don’t overprotect, failure can lead to success etc..)
- Resilience Scenarios and discussion
- Question Time

# Motivational Speaker

We can also arrange for a Motivational Speaker to talk about:  
“Risky behavior and the consequences of it” as well as “Building resilience”

**Our motivational speakers range from \$400 - \$600 for an hour.**

- **Jonathan Beninca Motivational talk (Truelocal.com.au):**

Missing an arm and a leg has not stopped Jonathan Beninca from becoming an expert speaker on topics such as personal development, success strategies, injury prevention and many other topics. Jonathan keeps the audience engaged and interested by mixing humour with his real life experiences. An alternative talker Jonathan creates behaviour change with real life technologies.

**Presentation outcomes:**

- Identify dangerous behaviour particularly when intoxicated
- Create a better understanding of life after a dangerous risk that results in a serious injury
- Encourage healthy friendships and peer support
- Encourage positive decision and choice making
- Encourage students to accept responsibility for their actions
- Break down invincibility attitudes
- Encourage choosing positive behaviours over dangerous risk-taking
- Facilitate positive role model

- **Armondo Hurley’s Motivational talk (Blurb from his website):**

Armondo is a motivational speaker. He runs programs on Racism, Bullying and most importantly Self Respect. He has a moving story to tell and delivers it with such passion. It leaves the room spellbound as he spins his magic. He has spoken to over 100,000.00 students. Students come up to him 10 years later and say they remember his visit and the story and how it impacted their life.

## Frequently Asked Questions:

### 1. How long do the workshops run for?

Our workshops usually run for 1.5 – 2 Hours depending on what the school requires and we adjust the content to make it age-appropriate for each Year Group. E.g. Simpler activities for year 7.

### 2. Do the Facilitators have Working with Children Checks?

Our educators are trained to facilitate, have relevant degrees e.g. Education Psychology & Social Work and all have required “Working with Children” checks.

### 3. What do you do in the workshops?

We take a harm reduction approach in our workshops, which means that “Yes, many teenagers, by their nature, will want push the boundaries and we believe that by educating them about risky situations and possible outcomes, they will be encouraged to make **informed choices**.”

The students will be actively engaged through group work, scenarios, role-plays, and games.

### 4. Which schools have you to been to?

Workshops run by Life Lessons were run at: Davidson High, St Paul’s Catholic College in Manly, Oxford Falls Grammar School, Santa Sabina College, German International School, Rosebay Secondary College, Kambala Girls, Cheltenham Girls, Loreto Normanhurst, Burwood Girls, Killara High, Reddam House, Pittwater High School, Queenwood School for Girls, Roseville College, Reddam House, Chatswood High School, Covenant Christian School, Penshurst Girls High School, AL- Faisal College, Georges River Grammar School, Freeman Catholic College, Rosebank College, Chifley College, Cobham Juvenile Justice Centre, Manly West Public School, Mosman Public School, Sacred Heart Mosman Primary School, Blessed Sacrament Primary School.....