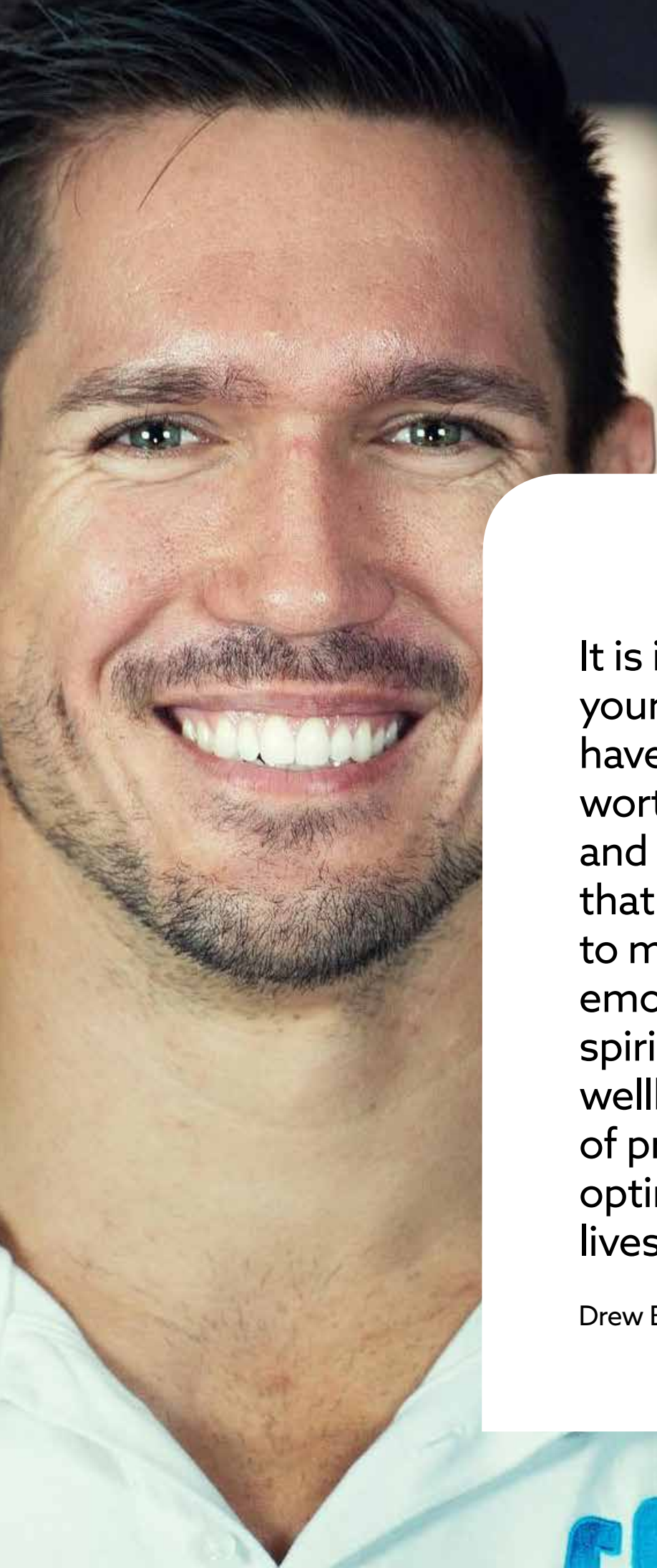




SCHOOL WELLBEING PROGRAM





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It is important that young Australians have a sense of self-worth, self-awareness and personal identity that enables them to manage their emotional, mental, spiritual and physical wellbeing' with a sense of pride, hope and optimism about their lives and the future.

Drew Brauer



WHAT'S THE PROBLEM?

A national household survey, the Australian Child and Adolescent Survey of Mental Health and Wellbeing, was conducted for the second time in 2013–14 (also referred to as the 'Young Minds Matter' survey). The World Health Organization states that "there is no health without mental health", highlighting the association between mental and physical health. With consideration of the Melbourne Declaration on Educational Goals for Young Australians (MCEETYA 2008), Kick On recognises that it is paramount for young Australians 'have a sense of self-worth, self-awareness and personal identity that enables them to manage their emotional, mental, spiritual and physical wellbeing', with a sense of pride, hope and 'optimism about their lives and the future'.

Kick On recognises that it takes multiple opportunities, both inside and outside of the classroom, from a variety of positive influences, for students to develop the skills necessary to navigate key content areas that are fundamental to intra and interpersonal growth. In Australia, almost 1 in 7 (13.9%) of children and adolescents aged 4–17 years were assessed as having mental health disorders in the previous 12 months, which is equivalent to about 591,000 (based on the estimated 2017 population) children and adolescents. Therefore, Kick On has developed a wellbeing program aimed to provide another essential opportunity for students to engage in curriculum-aligned workshops which develop students' social and emotional capacity.

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The concept of reflection, based on questions, and providing insight through Shay's personal story provided an engaging session. Everyone left with amazement with the volume of information that was taken on board. The students found it intriguing to hear of the personal story, and how personal salvation utilised aspects of the story to become a better man.

Teacher, St Andrews Catholic College

Personal, social and community relationships

Kick On understands that it is paramount for the wellbeing development of our young Australians to place emphasis on factors that shape identities through critical analysis (ACPPS089). Accordingly, through a series of workshops, students will analyse how societal norms, stereotypes and expectations influence the way young people think about their bodies, abilities, gender, sexuality, food, physical activity, drugs and/or risk-taking behaviour.

Students will discuss the role of family, friends and community in supporting the person's identity and propose strategies to enhance their own and others' wellbeing. Furthermore, students will examine how diversity and gender are represented in the media and communities and investigate the influence these representations have on identities. Students will identify the factors to be considered in identity formations as well as the value in building a strong interpersonal support network.

Throughout the duration of the workshop, Kick On strongly encourages the presence of an adult support network (guidance counsellor, teachers and other supporting staff members). The recognition of the student's immediate support network is of vital importance to make the student feel supported and also encouraged by those closest to them, whilst also holding them accountable for the implementation of the practical exercises and solutions. Through the physical presence and introduction of these adults, Kick On lays the foundation to the establishment, connection and strengthening of close interpersonal relationships that ultimately become a student's support network. Furthermore, upon conclusion of every workshop, Kick On provides links to several different crisis support network options for students in need.



I'm 41 years old and I got a lot out of your talk, I can only imagine the gold that the students got out of it.

Teacher, St Andrews Catholic College



Impact of changes and transitions in relationships

These programs aim to develop empowered individuals who understand their roles and responsibilities when engaging in relationships (ACPPS090). They will practise skills to deal with challenging or unsafe situations such as, consent, refusal skills, boundaries, communicating choices expressing opinions and initiating contingency plans. Kick on will promote skills around behavioural differences in relationships and social situations by expressing thoughts, opinions and beliefs, while recognising and acknowledging the thoughts and opinions of others. Accordingly, students will also develop the understand of how differing values, thoughts, opinions and beliefs can impacts the outcome of a situation.

Impact of external influences on choices

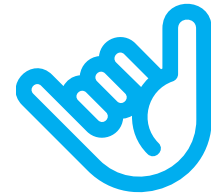
Kick on aims to promote education around decision making to help promote 'active and informed young citizens' (MCEETYA, 2008). Students will be encouraged to analyse the impact of external influences on decision making and consider scenarios in which this applies and impacts on their personal circumstances; analysing the impact on their ability to make healthy and safe choices (ACPPS092). Students will explore the messages in the media and how they portray what it means to have a 'good time' and to be 'fun to be around'.

Students will explore the impacts of external influences (such as pornography, social media and hyper-sexualised media) on sexual and sexual health behaviours. They will be mentored through critical analysis on the impact of these influences on their own cognitive patterns and the decision-making process that is impacted. Understanding external influence will equip students with the skills required to make positive and healthy choices for future wellbeing.

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The message Shay shared with the students really spoke to them and has had immeasurable value. By the looks on the students faces, every single student has something to take away from this experience.

Teacher, Smithfield State High School



OUTCOMES

Through this program, Kick On offers curriculum-aligned workshops to students that address the importance of Positive Mental Health. Every workshop is delivered by an influencer who strives to provide inspiration and mentorship to all students. We aim to promote the development of confident and creative individuals who feel active, informed and connected to their communities.

Developed in alignment with the Australian curriculum's personal and social capability and Health and Physical education curriculum area, Kick On aims to provide opportunities for participants to engage in fundamental activities that correspond to the four interrelated elements in the learning continuum: self-management, self-awareness, social-management and social awareness.

We endeavour to provide supportive tools, knowledge and information that empower our young adults with a positive framework to make conscious decisions that will facilitate a rise in positive connections, relationships and thriving young adults. This program encourages students to connect with the Kick On community in order to maintain connection and feedback after completion of the workshop.

Our vision for the school wellbeing program is to enable students to have a sense of self-worth, self-awareness and personal identity that encourages them to manage their emotional, mental, spiritual and physical wellbeing. This can be developed through skills that allow students to value honesty, resilience, empathy and respect for others.

The key intent of the program is to share the knowledge, skills, understanding and values to help young Australians establish and maintain healthy, satisfying lives. Kick On also highlights the importance of positive relationships and the skills required to form and maintain them. Kick On envisions students attaining the tools required to embrace opportunities, make rational and informed decisions about their own lives and feeling an intense sense of purpose and optimism about their future.

Contact us today to find out more about the program and how we can help your support your kids to thrive.



Start a conversation

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