



School Workshops

Our Workshops focus on **practical and solution-oriented skills** that students can implement to improve the way they treat themselves, each other and the people they care about.

We provide young people the chance to challenge stereotypes, strengthen relationships and culture and build their capacity for courage.

Our vision is that young people across WA are equipped with the ability to find their voice and be courageous during life's most challenging moments.

14.4% of adolescents have experienced a mental health disorder in the past 12 months.¹

Mental health disorders are the biggest risk factor for suicide.²

Suicide remains the leading cause of death for young people in WA.³

1. Department of Health
2. Australian Bureau of Statistics
3. Youth Focus

Our school program young men

Workshop One Challenging Stereotypes

We know that men who subscribe to traditional stereotypes have a higher rate of suicide, risk taking behaviour and acts of violence.

Building on young men's strengths, in this Workshop we collectively determine what parts of the stereotype we should keep and what we should set aside, so we can better support ourselves as well as our mates.

Workshop Two Changing Culture

In this Workshop, we create an environment where young men are empowered to stand up for their individuality and for what they value. Whilst banter can be a means of connection for young men, they also need to be equipped to productively call-out when it goes too far. This Workshop gives them the chance to practice that.

Workshop Three Taking Responsibility

What if young men could take a more meaningful sense of responsibility in how they treat other people? In this Workshop, we build a collective sense of responsibility for owning up to the negative traits that we may have exhibited. We then practice the first steps to making amends through our words but more importantly our actions.

Our school program young women

Workshop One Empowering Voices

In this Workshop, we create an environment for young women to talk about their experiences of being women in the world today, swallowing their thoughts and feelings, and how that can impact their mental health.

We empower young women to recognise their own and others strengths and range of emotions. They then have the opportunity to practice displaying these traits for themselves and others through empathy, understanding and self-care.

Workshop Two Strengthening Connection

This Workshop breaks down the barriers that block great friendships between girls and gives them the opportunity to develop and practice skills of courageous communication, reflection and self-awareness.

Workshop Three Building Courage

Understanding one's self is vital to navigate the important choices we face in life. This Workshop practices skills of self-awareness in order to empower participants to discover their authentic self and the courage to stand up for their own needs and wants.

The logistical bits

TIME Each workshop is 2-hours.

WHO Max. 35 students, Year 10 and above. We work with whole year groups only.

SUPERVISION One teacher to be in attendance for the duration.

COST \$1200 +GST. Subsidies available in certain circumstances. Travel costs are also incurred.

As an equality-focused organisation, we are dedicated to reducing the mental health disparity for people in LGBTQIA+ communities. With this in mind, we recognise the Workshop descriptions are stated as 'Male' and 'Female' focused. This does not reflect our view of gender as a spectrum and instead represents the focus on the stereotypes that we analyse within our Workshops. These are stereotypes that exist for all people.

We acknowledge the Traditional Owners of Country on all the lands we operate on across WA and pay our respects to elders past and present. We acknowledge that this land was and always will be Aboriginal land.



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