



## SCHOOL PROGRAM

### OVERVIEW



Starting conversations, raising awareness, removing shame and stigma and empowering students with resilience and strategies to help both themselves and their friends in times of need. **It is time to see a shift in the statistics of our Nation.**

## RATIONALE

SHIFT is an 8-week program of flexible 50 minute sessions to suit students grade 7 through to 12. It addresses some prevalent issues facing teenagers today including: addiction, anxiety, stress, depression, suicide, purpose, friendship and reducing social isolation. It consists of interactive activities, discussions, group-work, action points and projects to develop. The program aims to raise awareness, spark hope around heavy topics, and empower action, whilst removing stigma around seeking help and teaching students how to help others. It aims to inspire students to be purveyors of hope, instil confidence, and raise their levels of expectation for their lives. We want to inspire them to believe that we can see a shift in the statistics that currently exist in our Nation; and to teach them some skills required to create change.

In the Mission Australia 2014 Youth Survey it was reported that 87.7% of students go to their friends for help in times of need, over and above going to parents, counsellors or helplines. We have identified the need to educate young people on how to help their friends, and to encourage them that they can be a voice of hope in times of turmoil. In the Mission Australia 2015 and 2016 Youth Survey, stress was in the top three issues of personal concern of young people today, our program aims to help students deal with stress and to learn to talk about the things concerning them.

We are convinced that this generation not only wants to make a difference, but also can make a difference. The Shift Program is designed to help them do just this.



Each session includes self-care tips along with key points on how to help others, using a simple and repetitive method to get the message to stick! Both males and females have written, and can deliver, the SHIFT Program, which has been put together by a number of collaborators including youth workers, students, teachers and a psychologist. We have taken into consideration the different way that people learn and used a range of interactive activities to suit both genders and the various learning styles. We ran a pilot of the program with a group of males and a group of females; both genders found the course helpful and related to the topics discussed. Some of their responses included:

*"The program has definitely given me more information on these sensitive issues. I know more strategies and options about how to deal and where to go in order to receive help."*

*"I thought that the way it was presented i.e involving us and class discussions made an impact on my learning"*

*"I do feel better equipped if my friends are struggling. I know to take them to Kids Helpline, a counsellor etc"*

*"If I needed it, I would seek help as this program has taught me to be courageous and open"*

**"** I had the privilege of having Louder Seminars come to my school to facilitate the SHIFT Program with our High School students. Jodie has a special skill in communicating with teenagers and she puts these skills to great effect in a course that challenges the students to think through a range of important issues; including hope, resilience, friendship, emotional wellbeing and coping with change.

The SHIFT Program covers these difficult topics in a way that is fun, meaningful and relevant. Our students were thoroughly engaged throughout the course and we received excellent feedback about the material presented. **"**

**Geoff Fouracre**  
Sydney, NSW

# Sessions and their aim

## **WEEK ONE:**

### **A Shift in YOU – What hope looks like**

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Students to learn the goals that we hope to achieve through this program. Facilitator aims to build rapport and trust with the students, as well as getting an idea of the issues impacting the group and raise awareness around the idea that everyone needs help and hope in some capacity.

## **WEEK TWO:**

### **Empowering Freedom – Shifting addictions**

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For students to have an opportunity to discuss various addictions in a safe environment, to learn about some of the dangers and how they can avoid the traps as well as help their friends.

## **WEEK THREE:**

### **A Shift toward Peace – Dealing with anxiety and stress**

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To raise awareness with students regarding stress and anxiety and the difference between the two. To help students be more aware of those suffering with anxiety and to give them keys to help themselves and others.

## **WEEK FOUR:**

### **The Hope Shift – Reversing an epidemic of depression**

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To raise awareness with students on the statistics of depression, to help students realise that there is always hope and to talk through and aim to remove the stigma of seeking professional help. To encourage the students that they can be traffickers of that hope, and start planning Hope Projects around the school or community.

Part of the program involves students creating 'Hope Projects' to run in their Community, whether that is within their school or even the local neighbourhood. Each week there are 'acts of kindness' to do and one of the weeks involves writing letters of hope to anonymous recipients. The entire aim of the program, despite looking at big issues, is to shed some light, bring some hope and help students see that change is possible.

## **WEEK FIVE:**

### **The Life Shift – A life worth living**

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To start conversations, aim to remove some shame and stigma attached to suicide, help students learn how to have important conversations with their friends, and encourage students to seek help if they are struggling, as well as look out for others who might need help.

## **WEEK SIX:**

### **The Purpose Shift – Hope for your future**

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To inspire the students to dream big dreams and to believe that they have a good future ahead of them, for the students to leave feeling that their life can have purpose in every single day.

## **WEEK SEVEN:**

### **The Friendship Shift – We are better together**

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To look at the importance of friendship and connection, to discuss the difference between online and real friendships and to look at the effect of social media on friendships.

## **WEEK EIGHT:**

### **The Shift toward Change – Be the change you want to see**

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To look back over the sessions covered and for students to feel that they have learnt something as well as making a difference in their world. To empower students to continue being someone who brings hope.

**There are two options available for you to consider:**

## **1. PURCHASE THE PROGRAM**

By purchasing the program, you will receive everything you need to facilitate this program yourself, as many times as you like. We have done all the preparation for you and everything is ready to go!

Your investment will include:

**A 40-page facilitators manual**

**A USB that contains:**

- A 30-minute video with training and tips for facilitators
- Professionally designed Power-Point screens for each session
- 7 video stories to show during the sessions
- Appendix activities to print out for students
- JPG versions of each of the screens.
- You will have access via email and phone to the Louder Seminars team to answer any questions you may have and also be sent one free digital update within the first three years.

This investment is only \$985+gst - no need to pay for a speaker to deliver it, you can run it yourself as many times as you like in various year levels by your own facilitators whether that is a teacher, a chaplain, a school counsellor or even a parent. You will also be kept up to date with future upgrades as we work on developing an APP and taking the program digital!

## **2. BOOK THE LOUDER TEAM TO COME AND FACILITATE THE PROGRAM FOR YOU**

Love the idea of the program, want to see how it runs, not sure if you've got anyone that could facilitate it for you? For a tiny cost of \$200+gst per session (total investment of \$1600+gst plus any travel costs) we will come and facilitate the program for you AND we are happy to teach any of your staff as we go along so that you can purchase the program for future use and continue facilitating it yourself.

We are more than happy to answer any questions that you may have so please don't hesitate to contact us. We truly believe that this program will help your students, their families and your school community.

The **SHIFT** Program has been developed and produced by Louder Seminars. Louder offers seminars in schools all over Australia. There are a thousand voices competing for young people's attention with suicide being the leading cause of death for youth in our Country; and so our key focus is to empower students to hear the messages of hope and purpose, louder than every other voice in their world. We offer seminars, workshops, mentoring add-ons and the SHIFT 8-week program. We cover a variety of topics, touching on issues that are highly relevant to young people; and we are continually working with schools to ensure we are meeting their needs. We also offer seminars for parents with tips for parenting in a digital world, and assisting them to get conversations started with their teens.

The seminars and program are interactive, relevant and practical, giving students 'food for thought', and empowering them to action both during and after the sessions. Each seminar is flexible in length, involves group work and discussion. A major goal of ours is to give young Australian's keys and strategies to help change their thinking patterns; and tools to navigate the tough times, building resilience, and gaining skills to live a great life.

Email [book@louderseminars.com.au](mailto:book@louderseminars.com.au) for more information.

# AUSTRALIAN NATIONAL CURRICULUM

## YEAR 7 AND 8

### Personal, Social and Community Health

#### Being healthy, safe and active

- Practise and apply strategies to seek help for themselves or others (ACPPS072)
- Investigate the impact of transition and change on identities (ACPPS070)
- Investigate and select strategies to promote health, safety and wellbeing (ACPPS073)

#### Communicating and interacting for health and wellbeing

- Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (ACPPS074)
- Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (ACPPS075)
- Evaluate health information and communicate their own and others' health concerns (ACPPS076)

#### Contributing to healthy and active communities

- Investigate the benefits to individuals and communities of valuing diversity and promoting inclusivity (ACPPS079)
- To inspire the students to dream big dreams and to believe that they have a good future ahead of them, for the students to leave feeling that their life can have purpose in every single day.

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## YEAR 9 AND 10

### Personal, Social and Community Health

#### Being healthy, safe and active

- Evaluate factors that shape identities and critically analyse how individuals impact the identities of others (ACPPS089)
- Examine the impact of changes and transitions on relationships (ACPPS090)

#### Communicating and interacting for health and wellbeing

- Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses (ACPPS094)
- Critically analyse and apply health information from a range of sources to health decisions and situations (ACPPS095)

#### Contributing to healthy and active communities

- Plan, implement and critique strategies to enhance health, safety and wellbeing of their communities (ACPPS096)
- Critique behaviours and contextual factors that influence health and wellbeing of diverse communities (ACPPS098)