

# Student Support Programs

## **GIRLS GROUP**

*Healthy Relationships*

This program was developed for female adolescents. It equips them with skills to develop the self-confidence and strategies to tackle the many typical issues our teenage girls are faced with. The program provides a solid foundation for healthy relationships into adulthood.

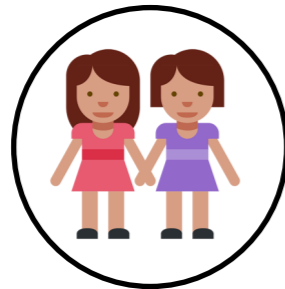
The session themes are:

- ⇒ Self-esteem
- ⇒ Bullying
- ⇒ Friendship issues
- ⇒ Conflict resolution and communication skills
- ⇒ Positive self-expression
- ⇒ Having and maintaining boundaries in a positive way

Suited to adolescents who want to improve:

- ⇒ relationships with family & friends
- ⇒ their communication skills
- ⇒ Self confidence

6 week program (1 session per week)



## **ART**

*Aggression Replacement Training*

The program helps young people to deal with their anger and aggression, including adolescents who are engaging in violent and criminal behaviours.

ART is an evidence based proven effective approach for working with challenging youth. The intervention program focuses on reducing aggressive behaviour by actively teaching desirable behaviours.

Sessions themes include:-

- ⇒ Skill streaming—learning appropriate ways to respond to different situations and how to talk to someone about what is upsetting them
- ⇒ Anger control—learning how to keep control and calm down when they feel angry about something
- ⇒ Moral reasoning—learning to see what it's like to be in someone else's shoes and see how their anger can affect other people.

6 week program (1 session per week)



## **BLUE EDGE**

*Educate, Develop, Grow, Empower*

Is a program of physical training designed to extend a young person's mind and physical capabilities. The program targets adolescents in Year 7-9 and includes career education, motivational speakers and mentoring with a view to having youth actualise their potential.

The 8 week program (16 sessions) is delivered twice weekly before school (breakfast is included). It is run by two facilitators; a USHS staff member and our School-based Police Officer—Tom Mackinnon. Students engage in a full-day graduation at the end where in the past they have gone to K'Gari on the Police Water boat with QPS Staff, Tom and a USHS staff member.

The program outcomes include the development of life skills, self confidence, personal relationships and building of rapport between Police, USHS staff, participants and their families.

Program sponsored by Qld Blue Light Association

8 week program (2 sessions per week and a full day graduation at end)



# Student Support Programs

## RAGE

*Re-navigating Anger and Guilty Emotions*

An anger management group program.

RAGE is designed for young people (11-17) who have difficulty controlling their emotions. This program helps students to identify feelings of anger, along with triggers, and explore alternative strategies to coping with frustration.

RAGE is a strength based solution focused program that is hands on, practical and also fun for kids.

The session themes are:

- ⇒ The Many Faces of Anger
- ⇒ The 4Ts Anger Cycle
- ⇒ Healthy Expressions of Anger
- ⇒ Getting Through the Guilt of Anger
- ⇒ Relaxation, Exercise and Diet
- ⇒ Summary, Evaluation and awards

Suited to adolescents who:

- ⇒ Want help dealing with anger or violence
- ⇒ Have been suspended from school
- ⇒ Have been in trouble for anger or violence
- ⇒ Want to improve relationships with family & friends

6 week program (1 session per week)



## CHILLAX

Chillax is for adolescents that act without thinking, are often hyperactive and have trouble focusing. They may understand what's expected of them but have trouble following through because they can't sit still, pay attention, or attend to details. Chillax is a 6-week skill building course that aims to help young people manage their symptoms and channel them into constructive zones. Adolescents who have ADHD or similar symptoms would also benefit from this program.

Sessions are:-

- ⇒ Cool—understand cool and un-cool behaviours
- ⇒ Calm—developing skills to self-soothe and calm down
- ⇒ Collected—how to focus and concentrate better when doing tasks
- ⇒ Controlled—developing ways to control angry and violent outbursts
- ⇒ Confidant—developing self-efficacy skills to feel confident and competent
- ⇒ Chillaxed—celebrating achievement and graduation

Suited to adolescents who:

- ⇒ Want to improve their concentration and control of impulses
- ⇒ Want to improve relationships with family & friends
- ⇒ Want to improve their organisational skills
- ⇒ Have ADHD or learning problems similar to an ADHD diagnosis (carelessness, lack of attention and focus, poor organisational skills, inability to focus or prioritise, doesn't seem to listen when spoken to directly, easily distracted).

6 week program (1 session per week)



## FEELING FANTASTIC

Adolescence is considered a time of emotional turbulence. This is due to certain areas of their brains that are still under construction. Hormonal changes may give rise to newly intense experiences of rage, fear, aggression and such. As a result of these changes teenagers can feel like they're on an emotional roller coaster ride without knowing why.

This course helps adolescents understand their feelings and emotions such as anxiety and depression and learn how to express these emotions in healthy ways. Other emotions such as fear, frustration, anxiety, embarrassment and feelings of depression can be primary emotion and without this understanding and knowing how to vent these emotions in healthy ways, they can turn volatile.

Sessions:-

- ⇒ Understand the feelings behind emotions
- ⇒ Acknowledging that all emotions are normal
- ⇒ Putting a name to the feelings behind the emotions
- ⇒ Managing the thought patterns that can govern the feelings
- ⇒ Expressing emotions in healthy ways
- ⇒ Graduating with a transformed life

6 week program (1 session per week)



# Student Support Programs

## **Managing the Bull**

### *Healthy Relationships*

This program was developed for adolescents who have been the victims of bullying type behaviours. Teasing, taunting and other forms of bullying can cause serious emotional harm to children that can last all throughout their lifetime and impact upon their future life goals and relationships. Ignoring or excusing the behaviour only perpetuates the issue. Managing the Bull is a 6-week course that builds resilience in bullied teens through games, activities and discussions. In a safe and supportive environment, participants will learn to:

The session themes are:

- ⇒ Recognize Bullying
- ⇒ Discover Inner Strengths
- ⇒ Build Self Esteem
- ⇒ Communicate Effectively
- ⇒ Deal with Cyber-Bullying
- ⇒ Build Support Networks

Suited to adolescents who want to improve:

- ⇒ relationships with peers
- ⇒ their communication skills
- ⇒ Self confidence

6 week program (1 session per week)

