

helping your kids to **Bounce Back**

for parents & teachers



Learning Focus

The focus of this workshop is to help children become resilient as they face difficulties in life. Parents will learn how to build emotional awareness and create a stable environment that will empower their child to succeed. The session also gives practical tools on how to help their child a happy, well-balanced life.

Rationale

Every young person will go through difficult times in their life including stress, disappointment, failure, sadness and conflict to name a few. It is important for young people to be prepared for these periods in their life and be able to respond in a healthy way through their internal and external assets. The parent workshop discusses some of these assets and how parents or caregivers can help, foster and enable young people to be resilient by problem-solving, seeking help and gaining a healthy perspective.

We present and discuss evidence-based strategies that are very effective in equipping young people to be resilient and make healthy choices and are proactive in making a positive difference to the world.

Key concepts covered in the session:

- Exploring the world of young people in Australia today and how they differ from previous generations
- What are resilient behaviours
- Key components in life that enable young people to connect with others, have healthy self-esteem and positively make a difference
- Practical strategies and toolkits that engage and value a young person that is proactive and pre-emptive
- Promotion of resilient factors including caring relationships, high expectation messages & meaningful participation
- Focus on resiliency language
- The promotion of empathy and sharing life in community



We aim to engage, impact and empower primary and secondary schools & their community, providing learning outcomes that engender pro-social values, empathy and resilience. We are committed to working with the school to identify the most effective program that suits the needs of the school community and recognise that prevention programs are highly successful when part of a community effort.

Workshop Details

- Sessions are tailored to meet your specific requirements
- Parent / teacher sessions are quite often arranged for outside of school hours and we are happy to offer either afternoon or evening times
- We also offer student sessions on resilience as well as many other student wellbeing topics such as transitioning to high school, leadership, anti-bullying and more.
- Session duration is approximately 60 minutes
- We provide all AV equipment
- Costs are calculated on the number of sessions and location. Call or email us for a quick quote

Essential Learning Standards

The "Bounce Back" Parent Workshop is closely associated with the student programs which intertwine elements of all three strands of the curriculum, with the key focus on the following dimensions:

- **Building social relationships** (Interpersonal Development domain), plus
- **Reflection, evaluation and metacognition** (Thinking Processes domain, in the Interdisciplinary Learning strand)

A complimentary parent resource manual is also provided that can be accessed via our website.