



The OneLife

EVERY LIFE MATTERS

School Programme



delivered by

David Trethowen (Counsellor) &

Andrea Dawson (Counsellor)

The **One Life School Programme** helps to build

resilience in young people, **break cycles of disadvantage** and **keep youth safe** through developing their ability to:

- **understand and manage their emotions,**
- **make good choices,** and
- **feel good about themselves and be hopeful**

key elements ...

- moving towards **what we want in life** and away from what we don't want
- viewing **life as a journey** - challenge as opportunity, our baggage, and our filters that determine how we view the world
- **loving ourselves and accepting ourselves No Matter What,** being our true selves, and finding our light and letting it shine



we plant
seeds



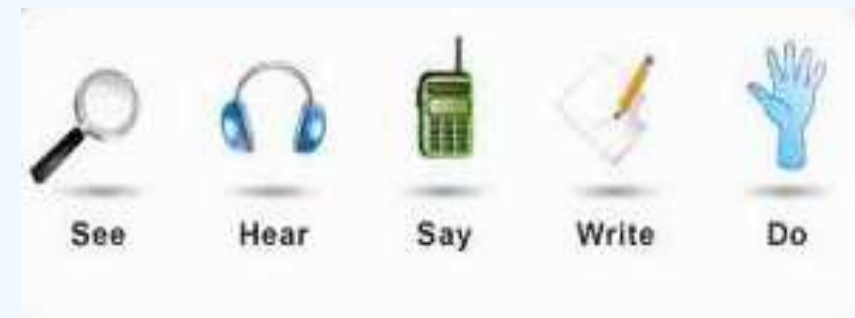
a closer look at what's covered ...

- building **self esteem** and hope
- **recipe** for handling tricky situations
- **relaxation** and techniques to manage stress
- how to **understand** and manage strong feelings, like anger, sadness, and **overwhelm**
- developing **confidence** through **body awareness** (martial arts, body language and use of voice)
- **self-awareness** - understanding **different personality types**
- **identifying** and **building** on our top character strengths
- **understanding** and **dealing** with peer pressure
- how to **assess risk** and make **good choices**
- **keeping ourselves safe** and **asking** for help



delivery ...

- learning through **multiple perceptual channels** (fun games, activities, props, movement, visualisation, team work, shared experience, and more)
- targets **'at risk' girls** ranging in age from **11-13**
- group size from **15-20 participants**
- **30-40 one hour sessions** in school time (2 sessions per week over two terms)
- **trip** and end of program morning tea **celebration**
- **mentoring support** before and after sessions
- **home visits** to establish buy-in and assist mentoring
- **liaison** with teachers and school support services



why?

life circumstances have put these girls at risk of:

- school truancy, disengagement and failure
- being involved in anti-social behaviour such as peer pressure, fighting, bullying ...
- becoming victims and/or offenders
- falling into unhealthy relationships
- depression, cutting, and suicide
- a multitude of health problems like substance abuse, obesity, addiction, poor nutrition, and so on
- teenage pregnancy



why?

- The intermediate school years represent a **critical juncture** in these girl's lives
- The program helps them to **see** they have **options** and can choose their path
- **By earning their trust and developing connection**, we strive to **inspire** them to **take responsibility** for their lives and their decisions
- By the end of the program a whole **new realm** has opened up as the girls learn to decode their own and other people's behaviour and communicate at a **new level** of awareness
- Their emerging **social and emotional intelligence** and the techniques they learn create an

opportunity for them to **'break the cycle'** one day by providing their own children with the unconditional love, acceptance and freedom to express themselves children need to grow into happy, contributing and resilient members of society



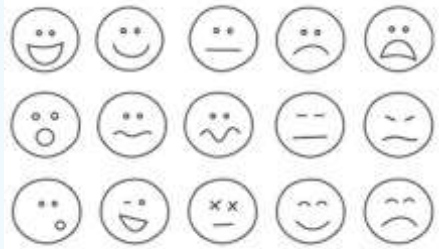


h

friend
d

connectio
n





i'm **loving** myself and accepting myself **NMW (No Matter What)**

i'm **lightening** my back-pack and i'm letting go of my

- **yucky feelings**
- **limiting beliefs** and
- **habits** that take me away from what i want



i **feel**, i tune into my **intuition**, i **think**

i'm using my **invisible tool-belt** to handle **tricky situations**



i'm finding my **light** and letting it **shine**

i see mistakes as **opportunities to learn**



i'm building **GRIT** - i don't give up when the going gets tough

i'm finding new ways to use my top **character strengths**

i **stand tall**, smile and hold my head **high**



i **connect** with and reach out to others

i'm a **bucket filler**

i experience, i fall, i hurt, BUT i **bounce back** and **keep going**



i'm growing hope, positivity and self awareness

i'm **keeping me safe** and i'm keeping my power!

i'm tapping into
the power of my

TRUE

SELF

