



JUNIOR

Street Smart Safety & Well-being

Teaching our youth the skills to save a life, mental health awareness and the skill to self-regulated and become more resilient.

Section 1 - "Street Smart First Aid"

An honest and age appropriate overview and discussion regarding the injuries and first aid emergencies that may occur when a group of friends get together. We want to empower our young people with the skills and confidence to be resourceful and stop a bleed with literally the shirt off their back!

This is a practical session using random items such as tea towels, shirts, football socks, water bottles and even spoons to manage first aid emergencies.

Section 2 - Mental Health Awareness

An overview of the mental health issues that may be affecting people in their community and how to approach someone requiring assistance using our simple AHA approach. Students will learn the language to support a friend and understand the steps for seeking help. A list of services who provide help and support will be provided.

Section 3 - Self resilience and Self-care section

Students will learn how to regulate their nervous system. This is not a 'you should' program the students will actually 'feel' the benefits of the strategies we are teaching in the course through the experiential process. We teach simple and effective techniques that the students can use to calm their nervous system in a time of crisis or overwhelm.

Suitable for students in year 4 to year 9
45 - 60 minute program

Program can be adapted to include topics that are specifically impacting your cohort.

