

Program	Length of Program	Outcomes
<p><b>Best of Friends™ (BoF)</b></p> <p>The Best of Friends™ (BoF) program gives children the knowledge, skills and confidence to understand and manage emotions, set and achieve positive goals, show empathy for others, develop and maintain friendships and make good decisions.</p> <p>Developed by Educational and Developmental psychologist Kimberley O’Brien and the Quirky Kid team, the BoF program draws on decades of clinical and school-based experience and research, to help students overcome common social and emotional issues.</p> <p>Target Group: 9 – 11 year old</p>	<ul style="list-style-type: none"> <li>• 10 sessions</li> <li>• 1 parent workshop to gain information regarding the program and take-home strategies</li> <li>• 2 x 30 minutes parent consultations during the program</li> <li>• Maximum of 8 participants</li> </ul>	<p>The Best of Friends program aims to increase social and emotional wellbeing at home and school. The program provides both literature, theory and practice for young people to better understand themselves and others.</p> <p>Participants will learn how to:</p> <ul style="list-style-type: none"> <li>• Make and maintain positive friendships</li> <li>• Develop empathy and communication skills</li> <li>• Recognise, express and manage their own emotions</li> <li>• Negotiate and resolve conflict</li> <li>• Work independently and more cooperatively</li> <li>• Increase resilience and be assertive</li> <li>• Share ideas, appreciate diverse perspectives and</li> <li>• Develop teamwork and leadership skills</li> </ul>
<p><b>Transition Program - Junior RespectMe</b></p> <p>Junior RespectMe assists students to transition into high school, and adolescence, equipped with the skills and knowledge needed to manage the challenges and changes that they will face.</p>	<ul style="list-style-type: none"> <li>• 5 sessions delivered over 5 weeks</li> <li>• Sessions are between 45 – 70 minutes in length</li> </ul>	<p>The Junior RespectMe program aims to increase the capacity of young people to:</p> <ul style="list-style-type: none"> <li>• Identify their developing personal value/ moral code</li> <li>• Know and understand what constitutes respectful relationships</li> </ul>

<p>Junior RespectMe is a best-practice respectful relationships program that aims to help primary aged young people to build safe and respectful relationships in their future.</p> <p>The program also engages with parents and carers, helping them to develop strategies that will assist them to support their child through this transition.</p> <p>Target group: Year 6 / 7</p>	<ul style="list-style-type: none"> <li>• Session lengths and class sizes can be flexible to suit individual schools</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise their rights and responsibilities in relationships</li> <li>• Recognise risky behaviour in relationships and the importance of keeping safe</li> <li>• Access and seek support</li> <li>• Understand the consequences of harmful behaviour</li> <li>• Reflect on and critique gender constructs in relation power and their personal values</li> </ul>
<p><b>YERRR! – Youth Emotional Recognition, Release and Resilience Group</b></p> <p>The aim of YERRR is to facilitate the growth of a young person’s ability to recognise and regulate emotions, whilst building resilience and improving self-esteem.</p> <p>This group program predominantly utilises a strengths-based approach, whilst also incorporating aspects of cognitive behaviour therapy and mindfulness, to encourage students to develop their ability to recognise and regulate their emotions whilst increasing their emotional resilience and self-esteem.</p> <p>Target Group: 8 – 12 year old</p>	<ul style="list-style-type: none"> <li>• 6 sessions</li> <li>• 45min – 1hr in length</li> <li>• Between four and eight participants</li> </ul>	<p>The YERRR program aims to facilitate the following outcomes:</p> <ul style="list-style-type: none"> <li>• Young people can better recognise their emotions</li> <li>• Young people can self-regulate difficult emotions</li> <li>• Young people are emotionally resilient</li> <li>• Young people better manage classroom and playground conflict</li> </ul>

<p><b>H.E.R Friendships - (Healthy, Empowering, Respectful)</b></p> <p>A group program for upper primary school students who require support in developing skills and knowledge regarding positive friendships, self-esteem, confidence and well-being.</p> <p>The aim of the HER friendship group program is enhance the self-esteem and well-being of girls through skill development and to build their knowledge of what makes a positive friendship whilst improving their confidence and sense of self-worth.</p> <p>Target Group: 8 – 12 year old</p>	<ul style="list-style-type: none"> <li>• 6 sessions</li> <li>• 45min – 1hr in length</li> <li>• Between 4 and 8 participants</li> </ul>	<p>Objectives of the HER friendships group program include:</p> <ul style="list-style-type: none"> <li>• To identify and celebrate the strengths of participants</li> <li>• To identify strategies that improve the quality of self-talk</li> <li>• To develop empathy for girl friends</li> <li>• To identify the harm which incidences of gossip, rumour spreading and isolation cause</li> <li>• To identify personal, school-based and community-based supports</li> </ul>
<p><b>Seasons for Growth</b></p> <p>Seasons for Growth is based on the belief that change and loss are part of life and grief is a normal response to these losses.</p> <p>Children, young people and adults need the opportunity to learn about how death, separation, divorce or other significant loss events may impact on their lives.</p> <p>This program provides an opportunity for participants to learn the knowledge, skills and attitudes required to understand and respond well to such experiences.</p> <p>Target Group: 6 – 18 year old</p>	<ul style="list-style-type: none"> <li>• 8 sessions</li> <li>• 45min – 1hr in length</li> <li>• Between four and seven participants</li> </ul>	<p>The Seasons for Growth program aims to support children and young people to:</p> <ul style="list-style-type: none"> <li>• To accept the reality of the loss</li> <li>• To process the pain of grief</li> <li>• To adjust to a changed world after the loss</li> <li>• To find a connection with what has been lost while embarking on a new life</li> <li>• To build a support network</li> <li>• To have restored self-confidence and self-esteem</li> <li>• To develop skills for coping, problem solving and decision making</li> </ul>

<p><b>You Can Do It</b></p> <p>The program teaches the positive attitudes and social-emotional skills that develop young children's resilience, confidence, persistence, organisation and getting along.</p> <p>Developed by Michael E Bernard Ph. D, the program is evidence based and continually updated to support evolving research.</p> <p>Target Group: Year Prep – 2</p>	<ul style="list-style-type: none"> <li>• Length and number of sessions can vary</li> <li>• Number of participants can vary from 6 to a classroom group</li> </ul>	<p>The You Can Do It programs aims to build skills and capabilities in these five key areas:</p> <ul style="list-style-type: none"> <li>• Confidence – building, recognising and maintaining confidence</li> <li>• Persistence – strategies to build persistence relating to the school environment</li> <li>• Organisation – understanding the components of organisation, planning and self-talk</li> <li>• Getting Along – recognising positive and negative behaviours, being tolerant of others, social responsibility</li> <li>• Resilience – recognising emotions, identify strategies for emotional regulation and building resilience</li> </ul>
<p><b>Young Women in Schools</b></p> <p>Young Women in Schools is a small group program for girls in lower high school and aims to enhance and promote the well-being and health of young women including maintaining engagement with education.</p> <p>Target Group: Year 7 - 9</p>	<ul style="list-style-type: none"> <li>• 6 sessions</li> <li>• 45min – 1hr in length</li> <li>• Between four and eight participants</li> </ul>	<p>The objectives aim of the Young Women in Schools program are to :</p> <ul style="list-style-type: none"> <li>• To promote the development of a positive self-concept</li> <li>• To enable young women to develop positive relationships through increased awareness of - choices, safety, and boundaries</li> <li>• To enable young women to identify and expand their support network</li> <li>• To enhance the ability of those in contact with young women to support their well-being and health.</li> </ul>

<p><b>Smiling Mind</b></p> <p>The Smiling Mind Mindfulness Curriculum is a world leading approach to building healthy minds, engaged classrooms and equipping a generation of young people with skills they need to thrive in life.</p> <p>Target Group: Year Prep - 6</p>	<ul style="list-style-type: none"><li>• Length and number of sessions can vary according to school need</li><li>• Number of participants can vary from 6 to a classroom group</li></ul>	<p>The Smiling Mind curriculum aims to support children and young people to:</p> <ul style="list-style-type: none"><li>• Develop emotion regulation skills including managing stress, anxiety and building resilience</li><li>• Develop skills to help support learning including improving focus, attention and concentration</li><li>• Develop social awareness including cultivating a calmer classroom</li></ul>
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