



Relationships Matter!

In-school workshops for
Year 7-12 students

BUILDING POSITIVE RELATIONSHIPS

Fun, inspiring and interactive, this workshop focuses on how students can have great relationships with themselves, family, friends, partners and work colleagues.

Students learn what positive relationships look like and how to develop and maintain them.

BOYS TO MEN

Encourages boys to reflect on who they are now and who they aspire to be.

Through examples, stories and small group activities, boys will name and claim their strengths, exploring their hopes for the men they wish to become.

I AM WOMAN

Girls reflect on their value and dignity as young women, who they are now and who they aspire to be. Students explore awareness and appreciation of their bodies and minds.

Through examples, stories and small group activities girls learn how to empower and look after themselves and others.

OUTSIDE THE GATES

Through role plays, small group activities and multimedia, students learn how to build strong relationships and resolve conflict with co-workers, bosses teammates... anyone 'outside the gates'.

MEDIA INFLUENCE

Students are constantly engaged with digital media.

This can warp their perspective on the world and affect how they build relationships.

This session explores the methods media use to manipulate thinking and encourages students to recognise its impact.

RELATIONOLOGY

Supports students to have positive relationships with their peers in a world dominated by social media and technology.

Through research and reflecting on their own life experiences, students explore the benefits and challenges of technology in building strong connections to others.

HAVING YOU IN MIND

Mental Health issues are one of the top challenges for teenagers today with approximately 14% of 12-17 year olds experiencing problems each year.

We know stress is reduced through a feeling of belonging. This session addresses the concept of building positive relationships with pro-social peers, as a preventative measure to mental illness.



'Relationships Matter!' workshops are for year 7 to 12 students.

We cater for small groups up to 60 students

The team is also available for camps, reflection days etc.

The workshops are a minimum of 90 minutes.

For more information or any questions/queries you need answered, please contact Mary Brown:

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strengthening families and communities

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