

### How are the workshops run?

The workshops are facilitated by trained educators. Workshops can be tailored to meet the needs of the school and the particular cohort of participating students.

Workshops run from between 90 minutes to a full-day in duration - with a maximum number of 60-70 students per workshop.

### Where are the workshops available?

Workshops are conducted in schools throughout Melbourne and Geelong. They can also be held as part of school events, for example school camps and reflection days.

### How do the workshops align with the Resilience, Rights and Respectful Relationships curriculum?

Our workshops can assist schools to deliver on the new requirements of the Resilience, Rights and Respectful Relationships curriculum which has been developed to address social and emotional learning and respectful relationships.

Our workshops cover many of the topics and activities designed for specific year levels.

Please contact us for more information.

### Fees

Please contact us for a quote.

"I felt safe to express my thoughts and felt that I was respected."

"Talking about things and listening was beneficial to know I wasn't the only one feeling a certain way."

"It opened my eyes to just what kind of person I am and what kind of people I surround myself with!"

"I found the session supportive because it helped me to view myself in a positive way."

# Relationships Matter!

*In-school workshops  
for Year 7-12 students*

### About us

Relationships are at the heart of why CatholicCare exists. We help people to build positive relationships, and repair connections when needed.

CatholicCare is the social service agency of the Archdiocese of Melbourne and the Diocese of Sale. We provide a range of counselling, education, community and pastoral services.

We support all people regardless of their religious belief or background.

Our vision is for a stronger, more resilient and inclusive society - where everyone can reach their potential and enjoy 'life to the full'.

### Contact us

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ABN 42 795 179 778

CatholicCare acknowledges the traditional custodians of the lands and waters of Victoria, and pays respect to Elders past and present.

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Strengthening families and communities

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# Relationships Matter!

**Positive and respectful relationships are critical for success - at school, at home, and beyond.**

*Relationships Matter!* is a suite of school-based interactive workshops for students from years 7-12. The workshops provide dynamic, fun and inspiring ways for young people to reflect on their strengths, skills and values to help identify, develop and maintain healthy relationships.

## 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.

Workshop aims:

- raise awareness of the building materials of a good friendship
- raise awareness of the signs of a 'healthy' group and take responsibility for their role in their groups
- take personal responsibility in decisions about behaviours in building or destroying relationships
- develop strategies for exiting hostile relationships

## 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.

Workshop aims:

- name and claim strengths and how they use them
- name and claim challenges and how to address them
- identify stress factors and risk behaviour and the impacts on relationships
- explore strategies for violence prevention
- identify un/helpful role models
- identify risks and challenges and benefits as they move through adolescence - 'designing self'

## 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.

Workshop aims:

- explore 'empowerment' - power within their own lives
- recognise the necessity to build a good relationship with themselves
- become aware of harmful/helpful self-talk and how to modify it
- realise their right to be safe and feel safe at all times
- recognise media's influence on their body image
- know that emotional and/or physical abuse is unacceptable for all and recognise the signs of unhealthy relationships

## 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 and teammates.

Workshop aims:

- learn how to build new relationships and appreciate the importance of belonging
- provide strategies for building relationships 'outside the gate' (eg workplace, sports club, youth group, etc)
- learn how to accept influence and show respect to 'outside the gate' community members
- recognise safe and unsafe 'outside the gate' environments
- discuss strategies on how to be a positive participant in the local community

## 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.

Workshop aims:

- raise awareness of the realities of media and marketing
- raise awareness of the influence the media has on self-esteem and image, violence and the sexualisation of young people
- explore the ideas and messages that young people may take from media
- discuss strategies on the best way to support themselves, their friends and family when facing challenges using social media
- build self-confidence and the ability to critique and decipher messages from the media

## 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.

Workshop aims:

- explore the impact of technology - including social media - on our everyday lives and relationships
- explore the concepts of effective communication
- discuss strategies on the best way to support friends and family when facing challenges using social media including bullying, porn, violence and gambling
- discuss how we can use social media positively to enhance our relationships

## 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.

Workshop aims:

- identify what mental health/illness is
- discuss strategies to prevent and/or reduce mental illness
- explore strategies to help handle and prevent mental illness
- identify the importance of building positive relationships and to create a sense of belonging
- discuss strategies for supporting our friends and family when facing the challenges of mental health