

# The Junction Works CYC Team Program Outlines

## Life Skills Programs

### **Men's Shed**

This program has been run for both young students in years 3 & 4, as well as for youth in years 7,8 & 9. The goal of the program is to enable and allow students to explore emotions, thoughts and feelings about “what it is to be a man”. During the program for youth, students get to create a ‘Pinewood Derby’ car in which they paint and assemble. For young students, various activities such as an obstacle course, science experiments and other craft-based programs are to help them to identify constructive and deconstructive behaviours.

### **Leadership Skills**

With students in year 5 being given the opportunity to be a part of the Student Representative Council, Leadership skills aim to teach students what it means to be a ‘leader’, with a focus on learning new skills such as effective communication, resolving conflict, leading a team and exploring what being a leader looks like to the students.

### **Transitioning to Further Education/ Transitioning to High School**

Transitioning to a new stage in life can be challenging for anyone. Our programs provide valuable insights into what to expect during times of change, along with skills and strategies for managing the emotions that may arise. Participants will also learn essential life skills to help them prepare for this new chapter, making the transition smoother and more manageable. The 'Transitioning to Further Education' workshop will address alternative pathways for further education, helping to normalise the pressure students feel when making choices. Instead of focusing solely on university, the workshop will educate participants about various options, such as TAFE and apprenticeships, to ensure they are aware of all available pathways.

### **Employment Skills (Resumes & Job Interviews)**

Learning about employment skills is a crucial part of life. This workshop focuses on equipping participants with essential skills, such as how to develop a resume and the techniques needed for job interviews. It also addresses the feelings associated with these topics, including managing nerves and anxiety.

### Getting Along with Others

This workshop is designed to teach participants essential skills for building positive relationships with others. It explores concepts such as teamwork and empathy, helping individuals understand how others may think and feel. By developing these foundational social skills, participants will gain insight into appropriate social behaviour and learn how to be considerate, compassionate individuals.

### Study Skills

Study skills is a workshop that goes for 1 hour and is from any year group but runs well for Year 10-Year 12 students. This workshop offers students new ways to study and provides them with practice and memory techniques to help them retain information better. This workshop has two parts to it. One part is called *all about our mental health* and the second part is *study better not more*. Students also gain knowledge on the importance of self-care while studying.

### Glimmer and Glow – Female Education and Empowerment

The workshop offers two options: one in collaboration with an organisation focused on female health professionals and one independent of this partnership. The workshop aims to educate students about puberty, menstrual health, and bodily changes while promoting self-confidence and self-awareness. It encourages open dialogue about women's health and empowerment. Targeted at female students from Year 6 to Year 12, as well as women's community and mother groups, the flexible group size ideally ranges from 10 to 25 participants. This four-week program consists of weekly one-hour sessions, covering topics such as defining womanhood, understanding puberty and menstrual health, empowerment in relationships, and fostering community among women.

### **Safe and Smart – Sex Education and Meaning**

The workshop offers two options: one in collaboration with family planning professionals and the other independent, both addressing essential topics related to sex and relationships. Targeted at Year 10 students of all genders, the workshop can accommodate flexible group sizes, ideally between 10 to 25 participants. It is designed to meet the specific needs of schools, with options for either a single hour-long session or an extended three-week program consisting of weekly one-hour sessions. The program covers key areas such as sex education, legal considerations regarding consent and age restrictions, relationship dynamics, and peer pressure. By providing students with valuable resources and fostering informed discussions, the workshop aims to empower teenagers to make safe and secure choices regarding their sexual health and relationships.

### **Personal Hygiene**

This workshop is an hour workshop that is designed for primary school aged students, high school students and diverse learning classes. This workshop is separated for boys and for girls and provides education around the importance of healthy hygiene. This informative and engaging workshop provides young people with information on the different types of hygiene, skills to enhance their hygiene and the development of healthy habits to include in their routine.

### **Creative Social – Seniors Group**

This five-week social and craft program is designed for seniors within the community. It is an engaging workshop series which promotes fine motor skills and adopts a supportive social environment. Participants enhance their physical and mental wellbeing, practice self-care, and maintain cognitive ability through diverse weekly activities. It connects, creates, and celebrates self-love.

## **Mental Health Skills Programs**

### **Children's Emotional Regulation**

Designed to be run during class time for a small group of students, this program is aimed for students in Kindergarten or Year 1. Students get to learn about emotions, exploring how they may manage their behaviours in class and learn how to minimise interrupting others and help them aim to get along and settle conflict in an age-appropriate manner.

### **Let go and Breathe**

Join us for a one-hour workshop that delves into the world of mindfulness. This session will educate participants on navigating emotions in a healthy way and introduce practical mindfulness techniques, including breathing exercises and understanding what is within our control. By guiding participants in the art of letting go, this workshop aims to provide valuable insights for enhancing mental well-being.

### **Bullying/Cyberbullying**

This workshop focuses on the topics of bullying and cyberbullying. Participants will learn about the warning signs and the various forms that bullying can take, both in-person and online. The workshop aims to raise awareness of the signs of bullying and to help participants recognise if they or a friend are experiencing it. Additionally, students will gain skills and resources to address bullying effectively.

### **Mental Health**

Our mental health programs are designed to educate participants about essential mental health knowledge, including the differences between various mental health practitioners and the signs of mental health conditions, such as what depression looks like. The focus is on providing participants with the information they need to know how and where to seek help, including understanding mental health plans and how to obtain them. This program is tailored to meet the specific needs of schools and organisations; for instance, if there is an increase in anxiety among students, the workshop can be adapted to address this concern more directly.

### **Self-Esteem and Confidence Groups**

These groups can be tailored to address the specific needs observed in students' current behaviours and concerns. The workshop focuses on building self-esteem and confidence, normalising discussions around negative self-talk, and teaching positive strategies for self-communication and self-love. Participants will learn how to treat themselves with kindness and patience.

### **Navigating Anger**

This is a 4-week program that is designed for primary school aged students and allows students to explore what anger looks like, the reasons we feel anger, what is behind the anger, how to navigate anger and develop skills to manage this emotion. In the last week, students will be able to participate in team building activities where they will be able to practice the skills they have developed throughout the 4-week program.

### **Healthy Relationships/Friendships**

This one-hour workshop can be tailored to both primary school aged students and high school students. The topics explored include the features of a healthy relationship (both platonic and romantic), signs of an unhealthy relationship, learning relationship/friendship values, how to respond to disrespectful behaviour and steps towards positive change. Students will have the opportunity to engage in meaningful discussions throughout the workshop and activities provided.

## **Interventions Plus Facilitator Trained Workshops**

*Interventions Plus is a service dedicated to breaking unhealthy behavioural cycles and trains youth workers in the community to be able to deliver the below workshops to our youth. Our staff at TJW are trained in Interventions Plus Workshops and are able to deliver them in your school or service.*

### **Rules in Relationships (8 Weeks)**

Rules in Relationships is an 8-week program that equips adolescents with skills to avoid relationship abuse and to build healthy attitudes toward dating and lifelong partners. The course aims to reduce teen relationship violence while building strong foundations for adult gender relationships. The modules include Myths of Masculinity, Attitudes toward Women, Love Means Respect, Equality and Gender, Space (Leave the trigger), Time Out (Think and calm down), Ownership (Own the behaviour and effects) and Pledge (Pledge to new behaviour). This program is intended for High School Students.

### **Feeling Fantastic (6 Weeks)**

Feeling FANTastic is a 6-week program that teaches young people healthy ways to process thoughts and feelings, reducing their damaging effects. The sessions include Feel the Emotion, Accept the Emotion, Name the Emotion, Tame the Emotion, Air Out the Emotion and Review, Evaluate, Celebrate. This program is intended for High School Students.

### **Chillax (6 Weeks)**

Chillax is a 6-week skill-building course that helps young people with ADHD manage their symptoms and channel their energies constructively. The sessions include Cool – Understand cool and un-cool behaviours, Calm – Learn to calm the hyperactive mind, Collected – Improve focus and task completion, Controlled – Control impulses, Confident – Build competence and confidence and Chillaxed – Review, Evaluate, Celebrate

### **Managing the Bull (6 Weeks)**

Managing the Bull is a 6-week course that builds resilience in bullied youth. The sessions include Recognize Bullying, Develop Strengths & Self-Esteem, Communicate Effectively, Address Cyber-Bullying, Build Support Networks and Use Personal Protection Plans.

## **Counselling Group Series**

### **Art and Soul**

Art offers a powerful way to explore emotions and tackle challenges in a healthy manner. This expression and mindfulness program for youth uses creative mediums to engage with feelings, enhance mindfulness, improve communication, set goals, and build self-esteem. Participants will experiment with a variety of artistic forms, including clay, paint, markers, and mask-making.

### **Social Butterflies**

As part of our counselling series, "Social Butterflies" is a four-week program designed to explore positive social interactions, inclusion, and essential social skills through creative and engaging activities. This program supports the social and emotional development of participants and is facilitated by a certified counsellor or youth worker. Each session focuses on key topics such as verbal and non-verbal communication, teamwork, friendship, problem-solving, and compromise.

## **Events**

Our entire team is here to support and organise major annual events such as Drug and Alcohol Awareness, Youth week, R U OK Day, Careers Hub, First Aid Skills, TJW Healthy Bees After School Program (3 Weeks), Lunch Time Activities, and Wellbeing Day. We can tailor our services to meet the specific needs of schools and communities, though please be aware that our availability is limited. Contact us today for more information and to discover how we can assist you!