



SCHOOLIES STREET SMART SAFETY & WELL-BEING

Overview: Schoolies safety and mental health awareness

A perfect program for Year 12s before Schoolies Week, teaching real-life first aid for potential mishaps. They will also learn to recognize mental health issues, support others, and strategies to build self-regulation and resilience.

Who is this program for?



Schoolies: Year 12

Youth: Years 7 to 11

Junior: Kindy - Year 6

Program inclusions

Section 1 - "Schoolies First Aid"

An honest and age appropriate overview and discussion regarding the injuries and first aid emergencies that may occur at Schoolies Week. 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.

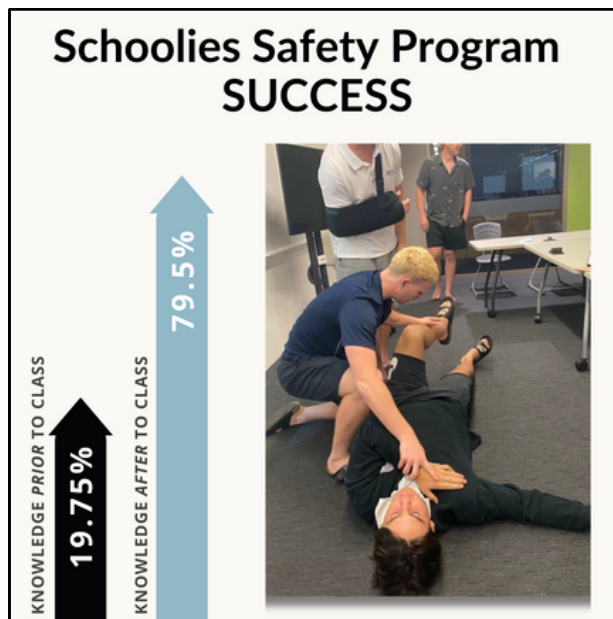
Section 3 - Self resilience and Self-care section

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 they can use to calm their nervous system in a time of crisis or overwhelm.

We finish this section with a "Perfect Exam Day" visualisation teaching them the basic human universal needs and how they can apply this to other aspects of their life.

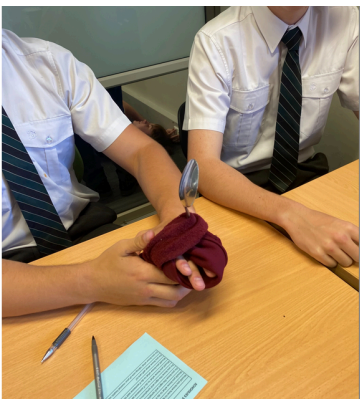
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F.A.S.T First Aid Training came in and worked with the students at my school. I had the pleasure of being with them for the entire week and I can honestly say that they engaged and helped our students to learn more about keeping themselves and their mates safe. It was so refreshing to have a team of people who understood young people and especially approached the idea of mental health and well-being without judgement and with really practical and useful strategies.

Would highly recommend for adults and for young people.
Sarah Catoni - School Teacher



"Today was exceptional, the statistics are phenomenal"
S. Murphy - Deputy Principal

Program Benefits

- Life skills in First Aid Management
- Learn to recognize and support others with mental health concerns
- Learn how to manage their Mental Health
- Strategies to regulate their nervous system, reduce stress response and anxiety.
- Learn self soothing techniques to balance parasympathetic and sympathetic nervous system
- Resilience Strategies
- Visualisation techniques
- Piece of mind for parents before their children finish school and go to Schoolies Week!

What makes this program different?

- This program is not about what you 'should' or 'shouldn't' do, it teaches them skills and strategies to cope when things do go wrong.
- Small groups for maximum engagement
- Fun, engaging and hands on delivery, students will experience using different techniques.
- 60 - 90 minute program
- Accredited and non accredited courses available.
- Program can be adapted to include topics that are specifically impacting your cohort.

Find out more

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