

**Reach's Secondary School workshops can dramatically change the classroom dynamic – creating an environment of awareness and mutual respect.**

They are a powerful complement to your school's social and personal training curriculum, providing students with positive and relevant strategies and skills they can apply at school and their everyday lives.

Workshops are delivered at your school for groups of students from years 7-12. A variety of workshops are offered addressing the specific issues relevant for each year level, however we understand that every classroom is different and certain workshops may be more relevant for yours. Feel free to get in contact to discuss this.

## Content

For class groups up to 70

### Locker Room (male only):

Designed for boys to explore traditional notions of masculinity and the negative consequences and behaviours that can result. Boys are encouraged to courageously and honestly express themselves while challenging limiting gender stereotypes, judgements and beliefs.

### Birdcage (female only):

Encourages girls to explore and critically question expectations and ideas about gender in society. Seeks to provide ideas and tools to improve body image and self belief.

### Diversity (combined):

Explores stereotypes faced in everyday life in Australia and encourages students to develop acceptance of difference. The workshop examines traditional notions of numerous factors prevalent in young people including gender, race, religion and cultural stereotypes.

## Outcomes

- Have a greater understanding of how men and women are presented in society
- Greater awareness of the impact of gender stereotypes on their peer relationships
- Greater awareness of self and the impact of the peer group and gender stereotypes on their individual behaviour
- Participants have the confidence to share the sides of themselves that challenge conventional representations of gender
- Increased appreciation of each other and the ability to build meaningful connections beyond their gendered stereotypes
- Confidence in recognising and challenging gendered stereotypes in the community

*Please note that these workshops can be spread over separate days or can be chosen as a full day option. The full day option includes Birdcage and Locker Room being run separately, with Diversity as a combined follow-up workshop.*

## Wellbeing support framework

Underpinning the design and delivery of all workshops is a framework of professional wellbeing support, to ensure emotional safety and positive youth connections.

Reach's professional Wellbeing team connects with your school's wellbeing staff prior to workshops to understand the needs of individuals and the whole class/cohort, and to enable responsive follow up. The team will also assist staff to determine the appropriate follow-up for individual students if necessary.

**REACH**

Proudly supported by:

**BONDS** 

### Contact Details

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