

Reach's Secondary School Workshops continue to explore the themes facing young people at particular stages in their development.

Providing safe and supportive spaces for students to discuss and share their experiences, successes and challenges. These workshops aim to improve resilience and self-belief, enhance social and emotional skills and improve connections amongst the peer group. The Diverge and Legacy workshops have a stronger focus towards future thinking and goal setting beyond school.

Content

For class groups up to 50

Connection

Encourages positive self-expression and normalizes individual differences within the group as they share their experiences of high school so far. It builds awareness of behavior and its impact on others, and how it can affect individuals in different ways.

Respect

Builds awareness of the impact of 'crossing the line' both online and in the 'real world'. It explores the reasons behind negative words and behaviours to identify the impacts upon others. The workshop aims to build empathy, support connections and create positive impacts on the group as a whole.

Grounded – 2 days, running each term

Off campus

Grounded provides an opportunity to explore what young people want from life and set meaningful goals. It supports young people who are boundary pushers and risk takers; or those that are disconnecting socially or from school. The Grounded workshop creates a space for participants to express themselves honestly, unfiltered, without judgement while developing a greater social and emotional awareness.

Wellbeing support framework

The Reach Wellbeing Team is made up of qualified psychologists, social workers, and counsellors. A Reach Wellbeing Professional liaises with each school's wellbeing contact (usually their respective wellbeing professional) prior to each workshop to discuss any particular issues that are currently occurring for students in their personal, school or family lives individually or as a wider cohort, and this information informs the support the wellbeing team provide facilitators in their preparation. Reach advocates for a schools wellbeing team to be aware of and present at these workshops as they are best placed to know the needs of their students and provide or facilitate referral to ongoing support where required, however the Reach wellbeing team are also available for consultation and support post workshop if needed/requested by schools.