



values for life

Values for Life is an educational program that provides student incursion seminars and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.

We aim to engage, impact and empower primary and secondary school students, providing learning outcomes that engender pro-social values, empathy and resilience. We are committed to working with the school to identify the most effective program that suits the needs of the school community and recognise that prevention programs are highly successful when part of a community effort.



Values for Life is associated with Concern Australia

Values for Life

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Resilience

practical tools in bouncing back

Learning Focus

This seminar takes a positive and constructive approach to equipping students that may experience stress, anxiety, grief, anger, depression and other difficult emotions. It also provides practical tools that can help students seek help, be proactive in helping others and become more resilient.

In addition to this student seminar, a **complimentary teacher resource manual & curriculum** is provided that can be implemented & modified by the school to extend the learning outcomes in the classroom over several weeks.

Rationale

Many young people are struggling with serious mental health issues in Australia (estimated to be 25%) due to the pressures of acceptance, poor self-esteem, consumer culture, school work and lack of healthy community amongst many others. This module identifies that everybody goes through various challenges, stresses and pressures that invoke a range of emotions. Emotions such as stress can be healthy as it can motivate us to do something about our problems. However, for some people too much stress can become unhealthy and lead to other problems including anxiety and depression. Through his seminar we discuss how emotions are essential to life but we need to keep them in perspective, surrounding ourselves in a caring community and open and willing to seek help for ourselves as well as others. We challenge students to develop strategies for coping with difficult emotions and promote the need for hope, meaning and purpose.

Key concepts covered in the session:

- To identify the part we play in a community
- Practical strategies for coping with stress, grief and depression
- The promotion of supportive networks
- Decisions that are not just reliant on perception, emotions or peer influence but more based on reasoned values and community
- The promotion of empathy, community and teamwork

Essential Learning Standards

The Values for Life program presents a student learning program that intertwines elements of all three strands of VELs with the key focus on the following dimensions:

- **Building social relationships** (Interpersonal Development domain), plus
- **Reflection, evaluation and metacognition** (Thinking Processes domain, in the Interdisciplinary Learning strand)

The table below shows these dimensions addressed and the emphasis provided:

Strand	Domain	Dimension	Included	Focus	Major Focus	Teacher Manual
Physical, Personal and Social Learning	Health and Physical Education	Movement and physical activity Health knowledge and promotion	✓			
	Interpersonal Development	Building social relationships Working in teams	✓ ✓	✓	✓	✓
	Personal Learning	The individual learner Managing personal learning	✓ ✓			✓
	Civics and Citizenship	Civics knowledge and understanding Community engagement	✓	✓	✓	✓
Discipline-based Learning	The Arts, English, Humanities, LOTE, Mathematics, Science	Knowledge, understanding and skills gained through the various domains	This seminar will relate to a number of these discipline-based VELs domains depending on the duration and focus.			
Interdisciplinary Learning	Communication	Listening, viewing and responding Presenting	✓ ✓	✓		
	Thinking Processes	Reasoning, processing and inquiry Creativity Reflection, evaluation and metacognition	✓ ✓	✓		✓

secondary level