

# YOUR SCORE

## WORKSHOP OVERVIEW

RECOMMENDED for YEAR 12 STUDENTS

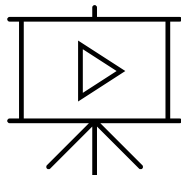
ACADEMIC PRESSURE is a seminar that teaches about healthy relationships can help students learn effective communication, conflict resolution, and interpersonal skills that they will use throughout their lives. By teaching about healthy relationships and recognising red flags in unhealthy or abusive relationships, high school students can learn to avoid situations that may lead to abuse or violence. This can help prevent negative outcomes in their relationships and in their lives. Developing healthy relationships is essential for future success, whether in personal or professional settings. By teaching about relationships, high school students can be better prepared for the challenges and rewards of committed relationships throughout their lives.

### SEMINAR AIMS:

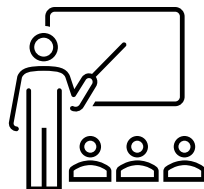
1. To help students understand the importance of healthy relationships for their personal and emotional well-being.
2. To teach students how to develop positive communication skills and conflict resolution strategies, and how to effectively express their needs and boundaries in relationships.
3. To promote an understanding of consent, respect, and equality in relationships, and to teach students how to recognize and avoid abusive or unhealthy relationships.
4. To encourage students to develop empathy and compassion towards others, and to teach them how to build and maintain healthy relationships with friends, family, and romantic partners.



Includes activities



Uses multimedia



Educational

## SECONDARY SCHOOL SEMINAR DETAILS

Seminars may include a single or mixed year level,

Maximum number of students per seminar is 100 students

We require a data projector to plug into

Costs are calculated on several variables including location

The duration of seminars are 45 to 90 minutes

Cancellations: Less than 21 days receive no refund

All presenters have a WWCC and we have OH&S policies