



# PARENTS INFORMATION PACKAGE

Empowering young  
people for the future

# OUR TEAM

## OUR STUDENT ENGAGEMENT TEAM

All members of our team are multi-disciplined with tertiary qualifications and are highly experienced in youth program development and facilitation.

All staff hold a current Working With Children Check and annual National Police Checks.

All staff also undertake annual Child Protection Awareness Training and understand the requirements we have as a mandatory reporting organisation.

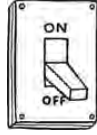
Our team receives ongoing training in key areas such as:

- ✓ Mental Health First Aid
- ✓ Accidental counselling
- ✓ Trauma Informed Practice
- ✓ Crisis Intervention
- ✓ Cultural Competency
- ✓ Career Development



# WHY STUDENT ENGAGEMENT PROGRAMS

**40%**



Of students in Australian schools are disengaged from learning <sup>1</sup>

**25%**



Of disengaged young people do not complete school <sup>2</sup>

## TOP 3 PERSONAL CONCERNS



1. Coping with stress 43%
2. Mental health 34%
3. Body image 33% <sup>3</sup>

## PERSONAL CONCERNS DURING PANDEMIC



1. Education 34%
2. Mental health 17%
3. COVID-19 9% <sup>4</sup>

**56%**



Females are extremely/very concerned about coping with stress <sup>5</sup>

**90%**



Of young people in the juvenile justice system are male <sup>6</sup>

1- Grant Institute

<https://www.documentcloud.org/documents/3453407-Engaging-Students-Creating-Classrooms-That>

2- Pearl Subban, Lecturer, Faculty of Education, Monash University

<https://peersupport.edu.au/blog/2019/02/23/australian-students-are-becoming-increasingly-disengaged-at-school-heres-why/>

3-4-5- Mission Australia Youth Survey 2020

<file:///C:/Users/Etienne%20Gilbert/Downloads/Mission%20Australia%20Youth%20Survey%20Infographic%202020.pdf>

6- Australian Institute of Health Welfare 2020

<https://www.aihw.gov.au/getmedia/37646dc9-dc6f-4259-812d-1b2fc5ad4314/aihw-juv-135.pdf.aspx?inline=true>

# PROGRAM OUTCOMES & BENEFITS

Our current evaluation framework, developed in collaboration with participating schools, measures students' engagement, improvements in mental health, lifestyle behaviours and attitudes, knowledge, and skillsets.

The principle focus is on maximising student engagement which is achieved via a strengths-based and harm-minimisation approach that utilises innovative delivery methods

Between 2017-22, YUF has delivered student engagement programs to over 1000 students across 30 High Schools in the North Sydney region.

Over the years our various programs have resulted in:



Increased students' school attendance and engagement.



Decreased students' detention and suspension



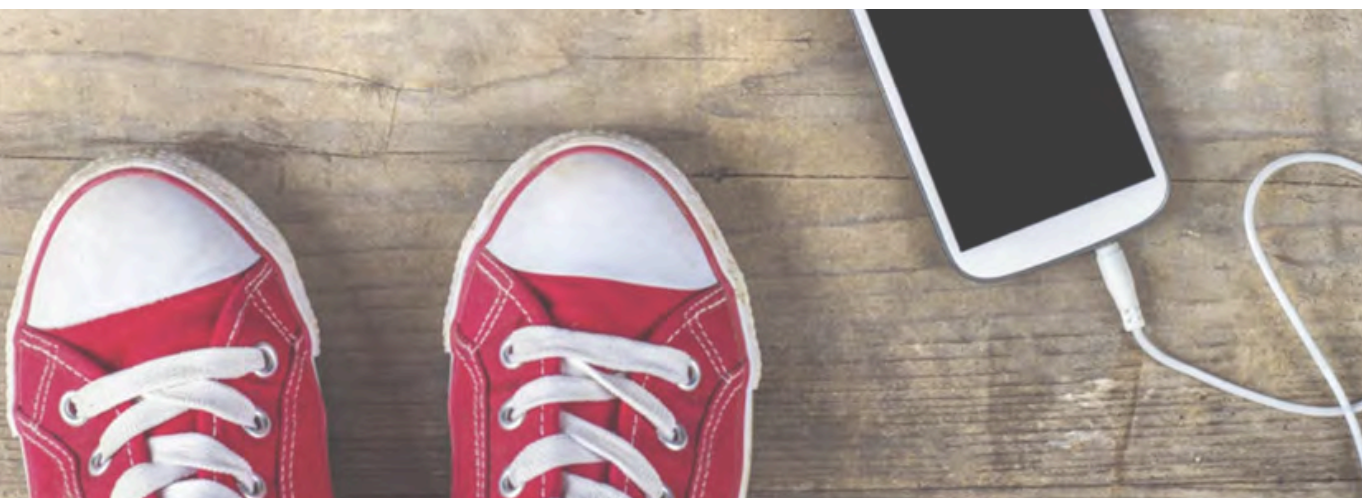
Improved students' wellbeing



Improved student's positive connection to learning



Improved positive social connection and relationships



# TESTIMONIALS

## WHAT WERE THE GREATEST BENEFITS AND WHAT DID YOU VALUE MOST ABOUT THE PROGRAM?

*"Gaining more confidence, making new relationships with peers and facilitators and learning some important life skills."*

**Year 9, Female**

*"It gave me time to relax and learn about real-life situations without the school stress."*

**Year 10, Female**

*"I've learnt how to communicate better and be more confident in my life."*

**Year 9, Male**

*It gave me perspective and a better outlook on problems in my life and others.*

**Year 9, Male**

*"Year after year we find the students who attend love the program and have learnt so many valuable and transferable skills that enable to them to transition smoothly and successfully into the workforce or into full-time learning. The students we have placed in the program have often experienced a continued sense of failure and disengagement at school. The student engagement program has offered them a place where their skills are valued and improved upon, leading to an incredibly improved sense of self-esteem, self-value, resilience and much better sense of their own place in their world. These students have gone on to significant successes both in the workplace as well as here at school. "*

**Career Adviser, Northern Beaches High School**



# SKILLS FOR LIFE PROGRAM

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Allows students to explore, learn and understand skills required to be successful in today's world. This involves practical activities and open discussion-based learning where students not only learn from the facilitators but also from each other.



Team Work



Effective Communication



Growth Mindset



Respectful Relationships



Work Readiness



Cultural Awareness



Healthy Lifestyle



Basic First Aid



Giving Back



Creativity



Case Work & Self Care



Technology



Living Skills



Role Models

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## PROGRAM DELIVERY DETAILS

**Program Length:** Per Term - (1 Day a Week)

**Group Size:** 10-18 students per group

**Delivery Site:** In-School

Youth Up Front Headquarters in Ingleside

**Session Duration:** 1 full school day

### Includes:

- 1 Casework appointment per student
- Cohort wellbeing assessment report
- 2 Qualified staff members
- All resources and planning
- Program outcomes measurement report
- Transport to Ingleside (Youth Up Front Headquarters)
- Certificate of completion and graduation ceremony
- Daily summary sent to school

### Requirements for in-school delivery:

Classroom, projector & whiteboard

# SKILLS FOR WORK

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## WORKREADY BOOTCAMP

Participants will work as a team to co-create a cafe brand and ultimately operate the cafe and serve real customers upon completion of the project. Participants will learn to search and apply for jobs, create their resumes and ace the interview.



Team Work



Effective Communication



Personal Presentation



Interview Skills



Job application



Branding



Customer Service



Hospitality and Barista Skills



Food Handling



The Cafe in Action

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## PATHWAY TO TOOLS PROGRAM

This program creates opportunities for young people to gain experience within a trade dynamic. Students work together as a team to complete building projects onsite.



Workplace Health & Safety



Duty of Care



Pathways to Trades



A Day at Work



Pathways to TAFE



Financials - Accounts, TFN



Wages & Budgeting



Working with Others



Team Work



Resumes & Interview Skills



Hands on Tools



Graduation

# SKILLS FOR WELLBEING PROGRAMS

Includes the noted core units and a selection of school identified elective units.

## CORE UNITS



Managing Emotions



Mental Health



Communicating Effectively



Self Confidence

## PROGRAM ELECTIVE UNITS



**MY WELLBEING**

- Creativity
- Self Care / Identity
- Connection to Culture
- Drumming Circle
- Role Models
- Healthy Lifestyle
- Body Esteem
- LGBTQIA+ Awareness



**MY HSC**

- Goal Setting
- Studying Skills
- Career Coaching
- Mental Health
- Self care
- Healthy Lifestyle
- Coping with Stress
- Mindfulness, meditation, Yoga



**YOUNG ATHLETES**

- Goal Setting
- Career Coaching
- Mental Fitness
- Mental Health
- Sport Psychology 101
- Healthy Lifestyle
- Drug and Alcohol in Sport
- Personal Branding

## CAL – CANINE ASSISTED LEARNING

This program is designed to build resilience and social connections in young people in a fun and supportive way using dogs. Sessions are structured to encourage students to explore, develop and build competence in key skill areas of resilience such as emotional awareness, optimism, impulse control and empathy in a unique and engaging way.



Resilience & Courage



Emotional Awareness



Critical & Flexible Thinking



Problem Solving



Persistence & Mastery



Working with Others



Growth Mindset



Effective Communication



# STUDENT CODE OF CONDUCT

- No smoking on-premises
- No mobile phones during program activities
- Respect your peers
- Respect your trainers
- Respect the physical environment
- Do not harass, bully or discriminate against other
- Work cooperatively with other students and trainers
- Respect the learning needs of other students
- Take responsibility
- Be tolerant of differences
- Be punctual and regular in attendance
- Respect the prohibited substances and items list
- Respect the site's behavioural policies

## DISCIPLINARY WARNING SYSTEM

### SERIOUS INCIDENTS

- Physical Violence
- Use or possession of a prohibited weapon or knife
- Possession, supply or use of a suspected illegal substance
- Criminal behaviour/property damage – stealing – threatening – harassment

- Exited from program

(Parents / carers and school advised)  
(Police will be advised if applicable)

### DISOBEDIENCE OF PROGRAM EXPECTATIONS

- Refusal to obey staff instructions
- Defiance and disrupting other student/s

Parents and school are advised for every STRIKE

- STRIKE 1
- STRIKE 2
- STRIKE 3 = Program Exit

### ONGOING INCIDENTS OF INAPPROPRIATE BEHAVIOUR AND/OR LANGUAGE

This will be left to staff discretion on a case by case basis. The student will be “pulled up” when inappropriate behaviours are being observed. Depending on behaviours or upon multiple “pull-ups”, with no noticeable change in behaviour, throughout the day or programming, staff may administer a “STRIKE” to a student.

# FAQ'S

## **DUTY OF CARE AND ATTENDANCE?**

While attending programs, all students remain under the duty of care of the school. Student attendance will be captured and reported to schools. Youth Up Front is a mandatory reporting organisation and will work with the School Leadership Team in the event any issues arise.

## **CONSENT AND PARTICIPATION**

All participants are required to have a completed waiver prior to commencement. This covers all aspects of program delivery including transport, provision of food, first aid treatment and photography.

## **HOW LONG ARE THE PROGRAMS?**

The program options have been developed to maximise the benefits and positive outcomes for students. Most programs are either 4, 8 or 10 weeks within school term dates. Additional consultation is available if your school has needs outside our program scope.

## **IS IT ALL BOYS OR ALL GIRLS? WHAT AGE GROUPS ARE INVOLVED?**

We have had great success running programs for diverse groups (mixed groups, boys groups, girls groups) and have had many participants identifying as LGBTQI+.

However, our experience running these programs shows that the best results are achieved when students of a similar age group are working together. Generally, this means that Year 7-8 mix well as do Years 9-10 and Years 11-12. Referral data will be reviewed prior to enrolment.

## **HOW BIG ARE THE GROUPS?**

Groups range from 10 - 18 students per group. We do not operate with less than 10 enrolled students. There is a minimum of 2 staff per group at all times.

## **WHO PAYS FOR THE PROGRAMS?**

There is flexibility for programs to be funded by schools, parents or a combination of both. We also have the capacity to subsidise program fees if a young person meets the criteria for our currently funded programs. In all instances, agreements are made directly between Youth Up Front and schools, with any parental contributions recovered by the school.





# CONTACT & BOOKINGS

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