

Week	Topic	Profession/ educator	Therapeutic discussions
1	Introduction	RASA	Moving from the outside in and out again - value the physical you, value your mental health and value your self- brand
2	High ropes course - full day	High ropes outdoor ed. facility	Team bonding and group norms, symbol of the journey together. What risks will you take?
3 Physical*	Physical - Taking Risks	RASA	Our body's reaction to risks - physiology: why do we take risks? Types of risks: actual and perceived. Risks we seek, risk we are born into and accidental risks.
4	Physical - Taking Risks	RASA	Balancing personal safety, fun and taking calculated risks. Risks in the 21st century. Risk Analysis: what is the reward of success, what is the probability of success and is the consequence of failure?
5	Physical - Self-protection	Women's self-protection	Risk management. Using your body language to look after yourself. Holding a confident posture. Masks of confidence.
6	Physical image	RASA	Teen-traps: experiences in 2015. Managing the pressure of physical appearance and physique.
7 Mental Health*	Mental Health - Self image	RASA	Pressure of self-image - school clichés and peer pressure
8	Mental Health - Trends	RASA	Current trends in youth wellbeing - websites and surveys.
9	Mental Health - Regulation	RASA	Introducing the brain and worry - Fight, fright, flight. Identifying triggers and managing emotions. - biofeedback introduced Dieting and self-injury mindfulness - self-care.
10	Mental Health - Ask.dr*	Local GP	Self-regulation and impulse control - Self-regulation tool boxes for managing moods. Guest speaker - Physical development, mental health, sexual health and choices
11 Self-Brand*	Self-Brand - Social networks	RASA	Keeping up - The latest out there.
12	Self-Brand - Social networks	Guest Speaker	Session on traps of social networking sites - students' point of view. Rules, Laws and Traps
13	Self-Brand - When it goes wrong	RASA	Executive functioning - impulse control, shifting your attention and controlling your emotions online. Mindfulness, routine and sleep
14	Self-Brand - Digital footprint	Marketing	Managing 'Self-branding' and what it means. Your values and reputation: what words you use to describe you? How you would like to be described by others.
15	Self-Brand	Marketing	Managing your self-brand - Take control of your brand and selling a positive product. Your reputation. YOLO - You Only Live Once, or You're On-Line Once. Digital footprints.
16	Self-Branding	RASA	Value your physical self, Value your mental health, Value your self-brand. Final Session Celebration

*The 3 Topics: Physical Health, Mental Health and Self-Brand above can be purchased as Separate sessions/modules based on presenting concerns.

Society values seem to be changing at an unprecedented rate, and to many adults this is very scary.

We explore teen wellbeing, values, their online environment and learn how they cope with the images they view.



Value Me
15 week group program

Value Me

The Value Me program is for individuals aged between 12 and 16 years of age. Value Me is a response to the new age social network environment that requires individuals to develop and maintain a high level of mental resilience. Skills in self-regulation and impulse control have become crucial at a time when one's reputation is so public and so permanent and yet the ability to damage it so accessible and immediate.

Value Me challenges individuals to hold onto a sense of value for physical safety and physical health, mental health and mental safety, and value for our private and public reputations. The program is a skills education program integrated with therapeutic conversations. Over 15 weeks, one school semester, students work with adults and peer mentors from the self-defense, fitness and nutrition industry, medical profession, social networking and marketing industry and the education and counselling sector.

Technology has been identified as a significant factor in effecting the value base of western society. Teenagers in secondary schools with internet access on smart phones are viewing, circulating and producing explicit material. It is this material that young people report to be the new education tool for relationships and sex. Many teenagers, in particular boys, gain an understanding of sex through the images viewed expecting their own sexual experiences to resemble those online. For some young people we believe reduced mental health is the fall out of the increasing pressures to maintain relationships online and perform like others online. In August 2013 the ABC News reported figures released from the Australian Institute of Health and Welfare on incidents of self-harming behaviour. Over a 10 year period the incidents of self-harm emergency department admissions of young women has more than doubled. It is thought that new communication tools and online social networking such as Ask.Fm, Snapchat, Instagram and Facebook are contributing factors.

Value Me tackles the issue of social media and self-branding, mental health resilience and self-preservation.

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Value Physical Health | Value Mental Health | Value your online 'Self-branding'

Value Me is a 16 week group program. The 50 minute sessions are aimed at grades 7 to 10.

Value Me explores the modern day teenage years with teenagers as the tour guide. Moving from valuing the outside of you to the inside and out again, we discuss society and the online world and state of self-branding.

Value Me works from the physical you that your friends and family see to the private you inside your head and then back to the online public brand of you that millions can see.

Value Me works with a range of professionals who are experts in their field. They introduce their ideas to the group and together engage in activities and therapeutic conversations with trained counsellors. You will learn how to protect the things most valuable to you, your physical safety, mental health and your 'brand' (image).

Value Me Sessions

- Value physical well being
 - Personal safety
 - Life balance
 - Risks, fads and obsessions
- Value mental health
 - Online pressures and peers
 - Ask.dr/Q&A – Medical doctor question and answers
 - Self-regulation - managing emotions
- Value 'Self-branding'
 - Social network session facts and fiction
 - Learn about marketing and self-branding
 - Branding nightmares – Public Relations (P.R.)
 - What's your brand, what image do you want and how will it impact your future?

