



## Your Life. Your Future. Your Way.

Choose your destination, and we'll help you plan and prepare for the journey ahead.

4Rs Youth Outdoor Adventure Program is one part of the services provided by FYI.

Future Youth Initiative Service aims to improve the social and emotional wellbeing of children, youth and their families.

To find out more about FYI, visit:  
[www.rasa.org.au/fyi](http://www.rasa.org.au/fyi)

Email [fyi@rasa.org.au](mailto:fyi@rasa.org.au)

## Locations

Our team is located in our Marion and Hindmarsh offices, working across metropolitan Adelaide.

### Marion

Suite 500a Westfield Marion Shopping Centre  
297 Diagonal Road  
Oaklands Park SA 5046  
Phone: (08) 8377 5400

### Hindmarsh

49a Ormond Street,  
Hindmarsh SA 5007  
Phone: (08) 8245 8100

Outreach Service available at:

### Elizabeth

13 Elizabeth Way  
Elizabeth SA 5112  
Phone: (08) 8255 3323

Future Youth Initiative Service is provided by  
Relationships Australia South Australia Ltd

RELA176

# 4Rs Youth Outdoor Adventure Program

Relationships, Risk, Regulation and Reputation

Offering an outdoor education program that  
combines adventure activities with  
therapeutic conversations

*Relationships Australia*  
SOUTH AUSTRALIA

## 4Rs Youth Outdoor Adventure Program

Relationship Australia SA is offering students, who are at risk of disengaging from learning, an outdoor education program that combines adventure activities with therapeutic conversations.

The program aims to build successful relationships between students, peers and supporting adults while exploring the benefits of positive risk taking, self regulation and reputations.

The activities include a high ropes course, mountain biking, kayaking, rock climbing, hiking and other adrenaline pumping events.

The 4Rs Youth Outdoor Adventure program, is a combination of whole-day activities twice a term and smaller two hour therapeutic group sessions. The smaller group sessions will concentrate on executive functioning skills that will introduce the students to the themes of self regulation, analysis of risk taking and the impact of a reputation.

The '4Rs' was a pilot project funded by the Department of Education and Child Development (DECD) and has now been included in Relationships Australia SA's FYI Service as an ongoing program.

Students are offered three school terms of support. Transport and lunch are included in the full day activity sessions.

If you are interested in attending or know someone aged between 12 and 18 years who may benefit from the course please contact the Relationships Australia SA Marion office on 8377 5400 or email [fyi@rasa.org.au](mailto:fyi@rasa.org.au).



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