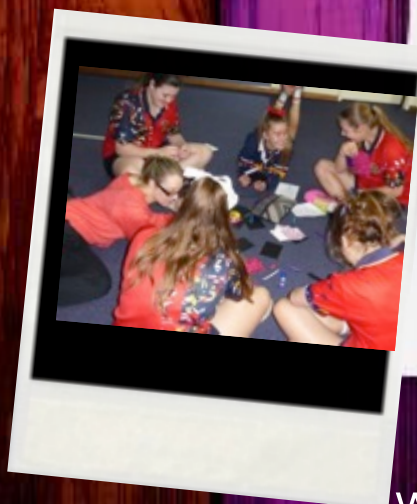


In-school Workshops for
Adolescent Boys



In-School Workshops for
Adolescent Girls





"Educating and empowering young men and women to become healthy and responsible young adults."



WHY US

- We care deeply about boys and girls
- Up to date / Engaging / Inspiring
- Booking is easy
- Boys and Girls catered for
- Professional presenters
- Thoughtful gifts for all students
- Feedback from students collated and sent back to school
- Follow up with students if required
- Facebook / Instagram connections
- Photos of the students participating in the day
- Non commercial / Non denominational
- Teacher's Resources Free
- Whole school approach available
- Parent Night available

WORKSHOP AIMS

- Increasing student's emotional intelligence
- Building their self esteem and resilience
- Encouraging bonding between year / cohort levels
- Arming them with skills and tools for making healthy life choices
- Increasing resilience and encouraging growth mindset
- Focusing on personal responsibility
- Introducing global citizenship
- Encouraging healthy and respectful relationships with themselves and their peers



The Process



YOU
Contact us



TOGETHER
Discuss: Needs, Numbers, Year Levels, Date



ODYSSEY / INSPIRE
Send you a proposal: cost, date, workshop selection



YOU
Confirm date and Proposal



ODYSSEY / INSPIRE
Invoice sent to confirm booking



ODYSSEY / INSPIRE
Logistics Sheet sent with set up details for the event



YOU
Prepare for event using Logistic Sheet



ODYSSEY / INSPIRE
Presentation on this day



ODYSSEY / INSPIRE
Evaluations complied and sent back to you



YOU
Complete evaluation and book for following year



HOW TO CHOOSE WORKSHOPS

(Workshop descriptions on following pages)



FOR YOUR BOYS

We suggest the top 3 workshops and one workshop from the Options List

WORKSHOPS

1. **What's Up Man?**
Masculinity & Identity
2. **Me & My Mates**
Mate ship & Support
3. **Respectful Relationships**
Healthy Relationships

OPTIONS LIST

- ☐ **Plugged In**
Cyber Safety
- ☐ **My Shout**
Drugs & Alcohol
- ☐ **Falling Forward**
Resilience Skills
- ☐ **Break It Up**
Anger Management & Decision Making
- ☐ **Follow the Leader**
Leadership Skills

For your younger boys

- ☐ **Moving on Up**
Transition Day into High School

FOR YOUR GIRLS

We suggest the top 3 workshops and one workshop from the Options List

WORKSHOPS

1. **I Am Not A Label**
Body Image & Self Esteem
2. **Let's Be Friends**
Friendships & Support
3. **You-nique**
Celebrating Uniqueness

OPTIONS LIST

- ☐ **Respectful Relationships**
Healthy Relationships
- ☐ **Plugged In**
Cyber Safety
- ☐ **My Shout**
Drugs & Alcohol
- ☐ **Falling Forward**
Resilience Skills
- ☐ **Power Up!**
Leadership Skills

For your younger girls

- ☐ **Moving on Up**
Transition Day into High School

WORKSHOPS CAN BE ALTERED TO SUIT THE NEEDS OF YOUR STUDENTS



THE ODYSSEY PROGRAM

In-School Workshops for Adolescent Boys – Example Timetable

SCHOOL – YEAR LEVEL – NUMBER OF BOYS

DATE - TBA

Introduction 9:00am – 9:20am 20 mins	Sets the context for the day – Introduces presenter, key concepts and explains presentation style and the boys role in the day.
Workshop 1 9:20am – 10:20am 60 mins	WHAT'S UP MAN – Masculinity <p>When does a boy become a man and what kind of man will they choose to become are the focal questions of this workshop. We unpack how culture and society abuses themes of dominance, power and control by asking the boys "How are young men asked to act like a man, what are they called and what happens if they step outside the box? We explore mask wearing and what lies beneath as well as the journey into manhood through boy verses man psychology and the rites of passage. We question the role models society provides and offer them a opportunity to reclaim positive masculinity through new stories encompassing healthy qualities of manhood.</p>
RECESS 10:20am – 10:40am 20 mins	FIRST BREAK - RECESS
Workshop 2 10:40am – 11:50am 70 mins	ME AND MY MATES – Mate ship & Support <p>Mates are very important to boys but they don't always make the best friendship choices for themselves. This workshop encourages boys to see each other in a new way. We explore peer pressure (positive and negative), and they have an opportunity to highlight positive qualities of each boy. Boys also want to be supportive of each other but are not always sure how to go about it so this is covered as is the consequences of bullying, B A M8, and strategies in what to do if you don't want to go along.</p>
Workshop 3 11:50am – 1:00pm 70 mins	FALLING FORWARD – Resilience Skills <p>When faced with setbacks, challenges and failures, why do some young people thrive while others simply survive? Experts agree, skills in resilience can be learnt and developed. This workshop asks students to identify their individual skills and provides tips and strategies on where and how improvements can be made to boost their resilience. Skills outlined by Penn Uni, PERMA, the RULER approach, such as growth versus fixed thinking, taking risks and willing to fail, persistence, grit and embracing change, positive and optimistic attitude, accepting responsibility and self-control and being grateful and celebrating others as well as neuroplasticity, are all skills explored in the workshop. Students who are deemed resilient will enviably face their futures with a positive attitude and a set of skills that support them in facing obstacles therefore allowing them to be their best selves and leaders of the future.</p>
1:00pm - 1:45 pm	LUNCH
Workshop 4 1:45pm – 2:55pm 70 mins	RESPECTFUL RELATIONSHIPS 101 – Respect & Relationships <p>This workshop had been developed due to the changing nature of relationship education within schools in the 21 century and the incidences of relationship abuse. During this workshop, students are encouraged to redefine relationships in the context of what they are, how they make us feel, what are the rules and what they are not. They also challenge the social construction of gender by demystifying stereotypes and roles then exploring consent, abuse, domestic violence, sexting, diversity, homophobia, sexually focused Apps all within the concepts of power and control. Real life examples with a step by step action plan of how to prevent, and safely challenge abuse are presented and a poster (for your school to keep) is made of the student's answers to what makes a respectful relationship. Finally a resource list is offered to the students for future use.</p>
2:55pm -3:10pm 15 mins	CONCLUSION Farewells, gifts and evaluations

WORKSHOPS CAN BE ADJUSTED TO SUIT THE TIMES AND NEEDS OF YOUR SCHOOL



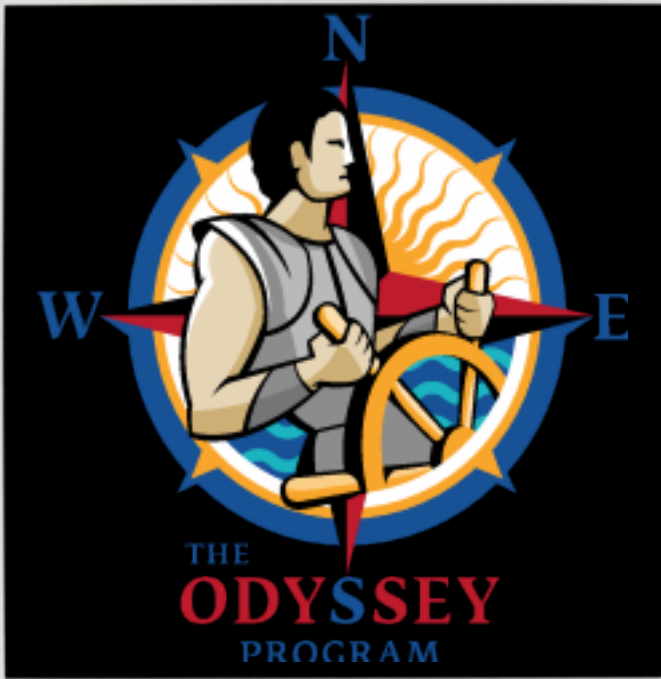
In-school Workshops for Adolescent girls – Example Timetable

SCHOOL – YEAR LEVEL – NUMBER OF GIRLS

DATE - TBA

Introduction 9:00am – 9:20am	Sets the context for the day – Introduction of the presenter to the girls. Highly engaging, loud, energetic start of the day.
Workshop 1 9:20am – 10:20am	YOU-NIQUE – Celebration of Uniqueness Each of us is unique and special but girls often don't feel this way. This workshop offers tips and tools, drawn from Positive Psychology, to work towards achieving a sense of Flourishing. We will explore the uniqueness of each girl and celebrate what it is that makes them inspirational. A special takeaway gift is made with the girls during this workshop.
RECESS 10:20am – 10:40am	RECESS
Workshop 2 10:40am – 11:50am 70 mins	LET'S BE FRIENDS – Respectful Relationships Friendships for adolescent girls plays an enormous part of their lives and can be responsible for how a girl feels about herself, and whether she fits in or feels accepted. This workshop explores what a healthy friendship looks and feels like, what to do when things go wrong and what each girl has to offer another. A must for schools with friendship issues.
Workshop 3 11:50am – 1:00pm 70 mins	PLUGGED IN - Cyber Awareness The line between the cyber world and the “real world” is no longer – young people's lives are intrinsically linked to both. Young people often press “send” without being aware of the precarious position this places them in. This work shop explores the dangers and provides safety tips to enable students to take charge of their own digital footprint. Includes discussions about privacy and security online, Pornography, cyber safety, geo-tagging, phishing, cyber friendships, chat rooms and respectful citizenship. A hands on, engaging and ever changing workshop.
1:00pm - 1:45pm	LUNCH
Workshop 4 1:45pm – 2:55pm 70 mins	I AM NOT A LABEL – Self Esteem & Body Image Girls are so much more than a label, number or a size. However the media and today's culture instruct girls on how they should look, behave and feel and girls feel under immense pressure to conform to this unrealistic ideal. This workshop exposes media's tricks and hidden agendas so girls can celebrate being a <i>real girl</i> .
2:55pm – 3:15pm 20 mins	CONCLUSION Farewells, gifts and evaluations

WORKSHOPS CAN BE ADJUSTED TO SUIT THE TIMES AND NEEDS OF YOUR SCHOOL



WORKSHOP DETAILS

The Odyssey Program & Inspire for Girls
In-School Workshops for Adolescent Boys &
Girls

WHAT'S UP MAN? – Masculinity



When does a boy become a man and what kind of man will they choose to become are the focal questions of this workshop. We unpack how culture and society abuses themes of dominance, power and control by asking the boys “How are young men asked to act like a man, what are they called and what happens if they step outside the box? We explore mask wearing and what lies beneath as well as the journey into manhood through boy verses man psychology and the rites of passage. We question the role models society provides and offer them a opportunity to reclaim positive masculinity through new stories encompassing healthy qualities of manhood.

ME AND MY MATES – Mate ship & Support

Mates are very important to boys but they don't always made the best choices for themselves. This workshop encourages boys to see each other in a new way. We explore peer pressure (positive and negative), and they have an opportunity to highlight positive qualities of each boy. Boys also want to be supportive of each other but are not always sure how to go about it so this is covered as is the consequences of bullying, B A M8, and strategies in what to do if you don't want to go along.



RESPECTFUL RELATIONSHIPS 101 – Respect & Relationships

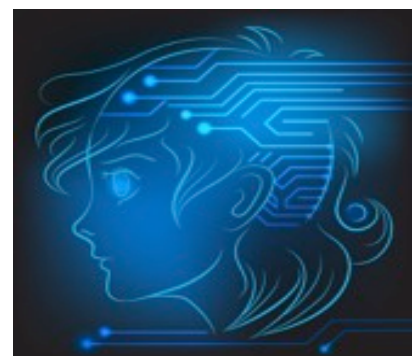


This workshop had been developed due to the changing nature of relationship education within schools in the 21 century and the incidences of relationship abuse. During this workshop, students are encouraged to redefine relationships in the context of what they are, how they make us feel, what are the rules and what they are not. They also challenge the social construction of gender by demystifying stereotypes and roles then exploring consent, abuse, domestic violence, sexting, diversity, homophobia, sexually focused Apps all within the concepts of power and control. Real life examples with a step by step action plan of how to prevent, and safely challenge abuse are presented and a poster (for your school to keep) is made of the student's answers to what makes a respectful relationship.

Finally a resource list is offered to the students for future use.

PLUGGED IN - Cyber Awareness

The line between the cyber world and the “real world” is no longer – young peoples lives are intrinsically linked to both. Young people often press “send” without being aware of the precarious position this places them in. This work shop explores the dangers and provides safety tips to enable students take charge of their own digital footprint. Includes discussions about privacy and security online, Pornography, cyber safety, geo-tagging, phishing.



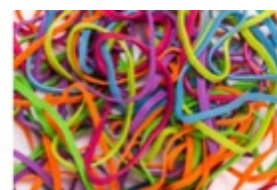
MY SHOUT – Drugs & Alcohol



This highly interactive workshop presents the reality of drugs and alcohol in a language that teen boys will understand. Australia has a history of alcohol use as a rite of passage, for teen boys especially, and has resulted in alarming trends that are unhealthy, dangerous and can be seen in self harming and sabotaging behaviours. The psychological and physical, short and long term effects of; alcohol, cigarettes, cannabis, methamphetamine, ecstasy, synthetics and volatile substances are explored in depth. The legalities of using drugs and safety skills are also discussed.

FALLING FORWARD – Resilience Skills

When faced with setbacks, challenges and failures, why do some young people thrive while others simply survive? Experts agree, skills in resilience can be learnt and developed. This workshop asks students to identify their individual skills and provides tips and strategies on where and how improvements can be made to boost their resilience. Skills outlined by Penn Uni, PERMA, the RULER approach, such as growth versus fixed thinking, taking risks and willing to fail, persistence, grit and embracing change, positive and optimistic attitude, accepting responsibility and self-control and being grateful and celebrating others as well as neuroplasticity, are all skills explored in the workshop. Students who are deemed resilient will enviably face their futures with a positive attitude and a set of skills that support them in facing obstacles therefore allowing them to be their best selves and leaders of the future.



BREAK IT UP – Anger Management & Decision Making



Adolescence is fraught with many obstacles, one of which is how to control emotions, especially anger. Boys are notorious for doing before thinking and then stressing about what they have done or not done. Many boys feel they have no control over this emotion and need strategies so they can manage it themselves. This workshop explores what anger is and what lies beneath it, consequences when it is not managed appropriately, power and control and skills in critical evaluation, problem solving and lateral thinking. The boys are encouraged to select 3 strategies to assist them to manage their anger and to make positive decisions. Tips on de-stressing and reducing anxiety are also covered.

FOLLOW THE LEADER - Leadership

This workshop discusses what makes a good leader and what qualities can be developed to demonstrate strong leadership. The different styles of leadership and finding a style that suits you, your team and the situation is discovered and developed through uncovering each boy's strength and opportunities for growth through engaging activities.



FULL DAY - MOVING ON UP Years 6 & 7 Transition into High School



A transition day that assists boys to identify the skills and knowledge they need to pack to ensure a successful transition into senior school. Self Esteem and mask making, working together in groups and bonding, learning and organising oneself and Life Hacks are all covered over this full day. Years 6 and 7. Workshop information below.

WORKSHOP 1

IT'S ALL ABOUT ME – Identity and Masculinity

This workshop sets up the day by asking the boys what they need to pack in their metaphorical backpack of life to begin their journey into high school. Putting worries away and identifying the type of man they are aiming towards, are key elements of this workshop. The boys also make a mask of the man they want to be.



WORKSHOP 2

CHAIN OF MATES – Mateship and support



Friendship are renown to change around this time and boys are often at a loss in how to establish new ones as well as how to let go of ones that aren't healthy for them any longer. This workshop focuses on how to be a good friend and is an opportunity to tell each other what they like about one another. The focus is on building connection and empathy between the boys and establishing cohesion amongst the cohort.

WORKSHOP 3

LEARNING LINKS – Learning Styles / Study Skills

The boys learn to identify their preferred learning style and then are provided with tips and strategies on how to use this to absorb and learn new information. The concepts of Mind Maps, organisational Apps, goal setting and unhelpful verse helpful thinking are introduced to the boys.



WORKSHOP 4

LIGHTBULB LESSONS – Life Hacks



This workshop focuses on life hacks to help them transition into their adolescences. Self care, sleep, moods, relationships with parents and girls are all touched on. Finally the boys are given an opportunity to ask questions in a safe and open environment. The day finishes with the boys making a symbol of their masculinity and a gift from us to remind them of the pledge they make to becoming the best man they can be.

I AM NOT A LABEL – Self Esteem & Body Image



Girls are so much more than a label, number or a size. The media and today's culture instruct girls on how they should look, behave and feel and girls feel under immense pressure to conform to this unrealistic ideal. This workshop unpacks these messages and finds alternatives to the narrow definition of beauty, exposing the media's ticks and hidden agendas so girls can celebrate being real girls and not a label.

LET'S BE FRIENDS – Respectful Relationships

Friendships can be responsible for how a girl feels about herself and whether she fits in or feels accepted. Exclusion, gossip and rumors (online, face to face or covertly) all have the power to undermine positive connections between girls. This workshop explores what a healthy friendship looks and feels like, what each girl has to offer and what to do when things go wrong.



YOU-NIQUE – Celebration of Uniqueness



Each of us is unique and special but girls often don't feel this way. This workshop offers tips and tools, drawn from Positive Psychology, to work towards achieving a sense of Flourishing. We will explore the uniqueness of each girl and celebrate what it is that makes them inspirational. We offer the girls new role models to aspire to. A special takeaway gift is made during this workshop.

RESPECTFUL RELATIONSHIPS 101 – Respect & Relationships

This workshop had been developed due to the changing nature of relationship education within schools in the 21 century and the incidences of relationship abuse. During this workshop, students are encouraged to redefine relationships in the context of what they are, how they make us feel, what are the rules and what they are not. They also challenge the social construction of gender by demystifying stereotypes and roles then exploring consent, abuse, domestic violence, sexting, diversity, homophobia, sexually focused Apps all within the concepts of power and control. Real life examples with a step by step action plan of how to prevent, and safely challenge abuse are presented and a poster (for your school to keep) is made of the student's answers to what makes a respectful relationship. Finally a resource list is offered to the students for future use.



PLUGGED IN - Cyber Awareness



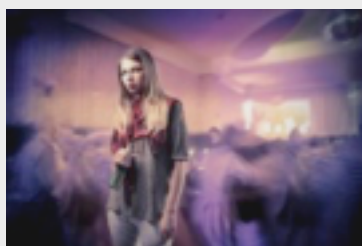
The line between the cyber world and the “real world” is no longer – young peoples lives are intrinsically linked to both. Young people often press “send” without being aware of the precarious position this places them in. This work shop explores the dangers and provides safety tips to enable students take charge of their own digital footprint. Includes discussions about privacy and security online, Pornography, cyber safety, geo-tagging, phishing.

FALLING FORWARD – Resilience Skills

When faced with setbacks, challenges and failures, why do some young people thrive while others simply survive? Experts agree, skills in resilience can be learnt and developed. This workshop asks students to identify their individual skills and provides tips and strategies on where and how improvements can be made to boost their resilience. Skills outlined by Penn Uni, PERMA, the RULER approach, such as growth versus fixed thinking, taking risks and willing to fail, persistence, grit and embracing change, positive and optimistic attitude, accepting responsibility and self-control and being grateful and celebrating others as well as neuroplasticity, are all skills explored in the workshop. Students who are deemed resilient will enviably face their futures with a positive attitude and a set of skills that support them in facing obstacles therefore allowing them to be their best selves and leaders of the future.



MY SHOUT – Drugs & Alcohol



Drugs and alcohol are often seen as rites of passage into adulthood. They have become so embedded into the culture, that the messages they sell can be intoxicating. This workshop explores, educates and informs girls of the dangers and reality that is the world of drugs and alcohol and consequences.

POWER UP – Leadership

This workshop discusses what makes a good leader and what qualities can be developed to demonstrate strong leadership. There are different styles of leadership and finding a style that suits you, your team and the situation is discovered. Women who are inspirational and display strong and positive leaderships are showcases and used as role models for the girls to emulate.



MOVING ON UP - FULL DAY – Years 6 and 7

Younger girls are struggling at an unprecedented rate and prevention is better than cure. Assisting girls to honor themselves, their bodies and each other is central to raising healthy self esteem and bringing cohesion and connectedness to a year group. This group of workshops have been developed specifically for years 6 and 7.

FANTASTIC, FABULOUS FRIENDS - Friendships

Friendships are paramount to girls at this age and stage. Learning to establish boundaries as well as dealing with conflict and bullying will assist them with their friendships now and into their future. Topics include: Mean girls, social media, gossip, resilience, forgiveness, healing your heart, un/healthy relationships, role-plays (bully, assistant bully, bystander, target, defender) and the power these roles have to impact on each other.



STAR SISTAS

Connecting and expanding friendships



Girls want to connect with each other and as they head into High school, they often want to extend their friendships circles with new girls who may join the school. This workshop pairs the girls up differently and then together they make a special take away gift for each other. Learning more about each other and making something for each other will help build compassion, connection, altruism and help them see each other in a new light..

PLATE OF HAPPINESS

Positive Psychology, PERMA, Happiness

The field of Positive Psychology has highlighted happiness and flourishing in an obtainable and understandable way. This workshop focuses on what makes us happy, how moods effect and can change our sense of happiness and tips on gratitude and overcoming obstacles. The girls make a plate of what makes them happy to showcase within the school. As well as a special take away gratitude gift to remind them of the power of themselves.



BODY OF MINE – Changing

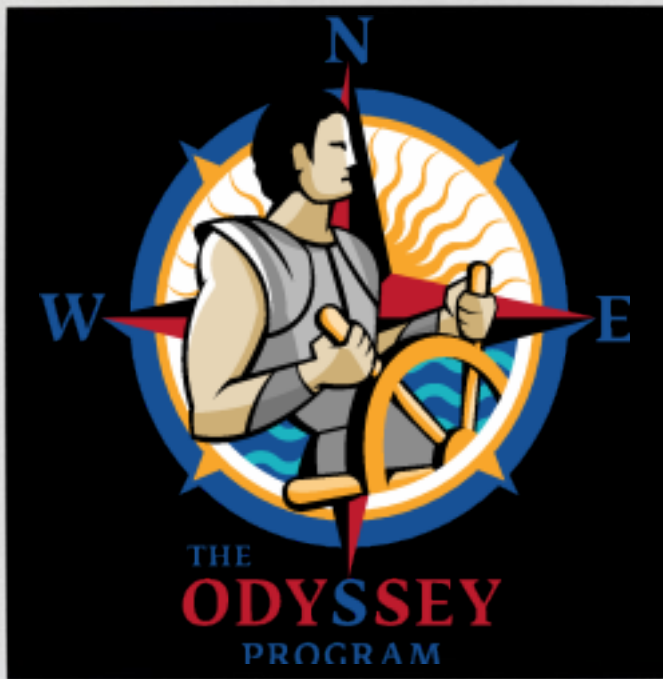


Girls bodies go through a tremendous amount of change as a teenager and it can be confusing and embarrassing for some girls. This workshop explores these changes and provides a forum for open discussion. Puberty and self care, are all respectfully and openly discussed.

Some of the workshops from the previous 2 pages can also be adapted to suit the developmental ages and stages of the year 6 & 7 girls.

We work with 1000s of boys and girls nation wide and love hearing what they say about us! Here is a taste of their feedback ...

- ⊙ It was interesting and informative. I learnt how to treat girls, make sure you have good mates and don't try to be like people in magazines. Thank you. Marist College QLD
- ⊙ It was great that it was interactive and fun – It showed me how to be a man, it showed me who true mates are, it helped me to stop drugs, and I learnt what to do about girls - CRC – North Keilor VIC
- ⊙ Everything was great, getting a different class. Things learnt about how to be a better person, increase my knowledge on the consequences of taking drugs. How to be the best man possible ... keep up the great work, Good program – Good Shepherd – QLD
- ⊙ Learning stuff about manhood was great. I learnt some relationship tips, stuff about drugs and tips about friends. Thank you mate, I've learnt so much – Western Cape College Weipa QLD
- ⊙ I enjoyed the activities that were done within the groups. I learnt how to calm myself effectively, you can rely on anyone but only your true friends will always be there for you, and respect is a lot harder to earn than it seems. Thank you very much for coming! I knew a few people that needed to be a part of this and I'm sure they have learnt a lot. Thank you for helping – Kingswood College VIC
- ⊙ Sparkles was the best presenter we have had at Seymour and could relate to everyone. She really impacted on me. I learnt its ok to be me, tips for releasing stress and everyone is like me – Thank you so much for what you did for me today – You've changed my view on myself and I loved every second. Thanks again – Seymour College SA
- ⊙ I loved how it inspired me to love who I am and don't change myself for someone. I mean something in this world and I am beautiful and pretty the way I am. Thank you for inspiring me and thank you so much for making me like who I am – St Peter's Lutheran College QLD
- ⊙ I loved that we were all involved, THEY WERE FUN AND I LOVED IT!!! I learnt the negative comments about yourself are not true, you shall love yourself and I AM NOT A LABEL – OMG THIS WAS THE BEST IT WAS SO FUN AND RELAXING AND I LOVED IT! – Marian College VIC
- ⊙ I loved the humor, the honesty and the non-judgmental atmosphere – I learnt media is lying, we are all beautiful and don't judge a book by its cover – Jane / Sparkles thank you for coming and speaking honestly you are one of the loveliest people I have ever met! The whole day was awesome and you are amazing – Victory Christian College VIC



CONTACTS

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