

# Relationships Matter!

*In-school workshops for  
Year 7-12 students*

## *How are the workshops run?*

Our workshops are facilitated by trained educators. We liaise with your school to understand how our sessions can meet the needs of the participating students.

Workshops run from between 90 minutes to a full day in duration - with a maximum number of 60-70 students per workshop.

## *Where are the workshops available?*

Workshops are conducted in schools throughout Melbourne and Geelong. They can also be held as part of school events, for example school camps and reflection days.

## *How do the workshops align with the Resilience, Rights and Respectful Relationships curriculum?*

Our workshops can assist schools to deliver on the requirements of the Resilience, Rights and Respectful Relationships curriculum which has been developed to address social and emotional learning and respectful relationships.

Our workshops cover some of the topics and activities designed for specific year levels.

Please contact us for more information.

## *Fees*

Please contact us for a quote.

## *About us*

Relationships are at the heart of why CatholicCare exists. We help people to build positive relationships, and repair connections when needed.

CatholicCare is the social service agency of the Archdiocese of Melbourne and the Diocese of Sale. We provide a range of counselling, education, community and pastoral services.

We support all people regardless of their religious belief or background.

We are committed to child safety - their wellbeing is our priority. We actively work to listen to, empower and protect children.

Our vision is for a stronger, more resilient and inclusive society - where everyone can reach their potential and enjoy 'life to the full'.

## *Contact us*

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*CatholicCare acknowledges the traditional custodians of the lands and waters of Victoria, and pays respect to Elders past and present.*

- Greater Melbourne
- Geelong
- Gippsland

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## The importance of good relationships

Positive and respectful relationships are critical for our sense of belonging, good mental health and strong positive sense of self. These lead to success at school, at home and beyond.

Relationships Matter! is a suite of school-based interactive workshops for students from Years 7-12. The workshops provide dynamic, fun and inspiring ways for young people to reflect on their strengths, skills and values to help develop and maintain healthy relationships.

### 1. 'Building Positive Relationships'

Fun, inspiring and interactive, this workshop focuses on how students can have great relationships with themselves, family, friends, partners and work colleagues.

Students learn what positive relationships look like - and how to develop and maintain them.

Workshop aims:

- discuss the building materials of a good friendship
- raise awareness of the signs of 'healthy' relationships and how to take responsibility for their role in their friendship, work or family groups
- provide knowledge on personal responsibility in decisions about behaviours in building or destroying relationships
- help develop strategies for exiting hostile or unhealthy relationships
- portray the importance of our connections with others for our mental health and a satisfying life.

### 2. 'I Am Woman'

Girls reflect on their value and dignity as young women, who they are now and who they aspire to be. Students explore awareness and appreciation of their bodies and minds.

Through examples, stories and small group activities girls learn how to empower and look after themselves and others.

Workshop aims:

- explore 'empowerment' - the power within their own lives
- recognise the necessity to build a good relationship with themselves
- become aware of harmful/helpful self-talk and how to modify it
- realise their right to be safe and feel safe at all times
- recognise media's influence on their body image
- know that emotional and/or physical abuse is unacceptable for all and recognise the signs of unhealthy relationships.

*"I found the session very supportive because [the facilitator] was respectful and inclusive. It felt like a safe place where we could voice our opinions without judgement, and it was good to learn and gain knowledge in developing a healthy, happy relationship."*

### 3. 'Having You In Mind'

Mental health issues are one of the top challenges for teenagers today with nearly one in three young Australians (12 to 25 year olds) reporting high or very high levels of psychological distress.

We know stress is reduced through a feeling of belonging. This workshop addresses the concept of building positive relationships with pro-social peers, as a preventative measure to mental illness.

Workshop aims:

- identify what mental health/illness is
- discuss strategies to prevent and/or reduce mental illness
- explore strategies to help handle and prevent mental illness
- identify the importance of building positive relationships and to create a sense of belonging
- discuss strategies for supporting our friends and family when facing the challenges of mental health.

