

Personal Development Programming for Young People, Families and Community

The Central Coast Youth Collective is a collection of supports that will offer a 3-tiered, multi-agency approach to support positive mental health and reduce the risk of suicide within our younger community by directly addressing elements which impact it.

The Central Coast Youth Collective Youth Workers and Youth Leaders will deliver:

1. Developmental early intervention workshops,
2. Parent/guardian support and,

Online support resources, empowering the broader community to support better mental health with young people.

Types of Programs we offer to schools (years 7 to 9) targeted workshops are:

- **Celebrate Safely** – Drug and alcohol harm minimisation workshop.
- **De-escalate** - A targeted program (10-15 students) designed to help young people manage their emotions.
- **Love Bites Junior** - A respectful relationships education program that focuses on the development of respectful relationships for 11–14-year olds, a program created by NAPCAN.
- **Anti-bullying Program** - Educating on what bullying is, the effects of bullying and the importance of bystander actions.
- **Catfish Jr & Snr** - A program designed to combat cyberbullying, discussing all aspects of social media and its dangers, delivered in two age-appropriate formats.
- **Healthy Living & Healthy Living Extended** - A program designed to educate young people around the importance of looking after yourself including mind, body, & soul. The extended program educates young people on how to support their friends who struggle with mental health and addresses important issues, such as self-harm.
- **High School Survival Guide** - Designed to prepare year 6 students for their journey into high school.
- **Pink 182 & Blue's Clues** - Separate Gender groups that informs young men and woman about health and hygiene, the expectations society has and how to manage these expectations.
- **Teen Mental Health First Aid Training** - For peer education for young people.
- **Choices Program** - Practical information and support for young people navigating post high school paths.
- **Gender Bread** - A program for young people that gives understanding about the LGBTQIA+ community, the difficulties they face in the wider community and exploring how to be proud of who you are. This program also informs on issues surrounding gender identity.
- **Parent Forums** - Parents are invited to view the programs with opportunities to answer any questions they may have. Parents are given advice around strategies of how to engage with their teens.

If any of these workshops or supports would be beneficial to your school community please email the

Youth Collective Project Coordinator Caroline Mendes at: caseworkcm@ryss.com.au

Places are limited so bookings are essential.

To learn more about RYSS and the work we do in the Central Coast Community please visit:

www.ryss.com.au