



values for life

Helping Your Kids to Bounce Back

parent workshop

Learning Focus

The focus of this workshop is to help children become resilient as they face difficulties in life. Parents will learn how to build emotional awareness and create a stable environment that will empower their child to succeed. The session also gives practical tools on how to help their child live a happy, well-balanced life.

Rationale

Every young person will go through difficult times in their life including stress, disappointment, failure, sadness and conflict to name a few. It is important for young people to be prepared for these periods in their life and be able to respond in a healthy way through their internal and external assets. The parent workshop discusses some of these assets and how parents or caregivers can help, foster and enable young people to be resilient by problem-solving, seeking help and gaining a healthy perspective.

We present and discuss evidence-based strategies that are very effective in equipping young people to be resilient and make healthy choices and are proactive in making a positive difference to the world.

Key concepts covered in the session:

- Exploring the world of young people in Australia today and how they differ from previous generations
- What is resilient behaviour
- Key components in life that enable young people to connect with others, have healthy self-esteem and positively make a difference
- Practical strategies and toolkits that engage and value a young person that is proactive and pre-emptive
- Promotion of resilient factors including caring relationships, high expectation messages & meaningful participation
- Focus on resiliency language
- The promotion of empathy and sharing life in community

Essential Learning Standards

The "Bounce Back" Parent Workshop is closely associated with the V4L student programs which intertwine elements of all three strands of VEL5, with the key focus on the following dimensions:

- **Building social relationships** (Interpersonal Development domain), plus
- **Reflection, evaluation and metacognition** (Thinking Processes domain, in the Interdisciplinary Learning strand)

A complimentary parent resource manual is also provided to the school that can be photocopied and handed out to parents that attend the workshop.

Values for Life is an educational program that provides student incursion seminars and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.

We aim to engage, impact and empower primary and secondary school students, providing learning outcomes that engender pro-social values, empathy and resilience. We are committed to working with the school to identify the most effective program that suits the needs of the school community and recognise that prevention programs are highly successful when part of a community effort.



Values for Life is associated with Concern Australia

Values for Life

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for parents