

helping your kids to transition to High School

for parents & teachers



Values for Life Incursions

Values for Life is an educational program that provides student incursion workshops 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 schools & their community, 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.



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Learning Focus

The focus of this workshop is to help parents / caregivers support their young people as they face the challenges of transitioning to high school. We address issues such as what high school is like, organisational skills, making friends, cyber-bullying, decision-making, peer pressure and the importance of having goals. The session also gives practical tools on how to help their child live resilient, well-balanced life.

Rationale

Research shows that transition to secondary school is a critical time for students - it is marked by several changes in educational expectations and practices, and it prompts a variety of concerns, behaviours and emotions for students. The workshop discusses some of these issues 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.

Key concepts covered in the session:

- Going to secondary school is a new season which might entail both excitement and concerns
- What secondary school is like and how it differs from primary school in expectations and everyday life
- Organisational skills and the importance of being prepared
- Setting goals and being able to delay gratification
- Friendship skills and the importance of fitting in
- Exploring the world of young people in Australia today and how they differ from previous generations
- What are resilient behaviours
- 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

Workshop Details

- Sessions are tailored to meet your specific requirements
- Parent / teacher sessions are quite often arranged for outside of school hours and we are happy to offer either afternoon or evening times
- We also offer student sessions on transition as well as many other student wellbeing topics such as resilience, leadership, anti-bullying and more. Go to www.valuesforlife.org.au for more information
- Session duration is approximately 60 minutes
- We provide all AV equipment
- Costs are calculated on the number of sessions and location. Call or email us for a quick quote

Essential Learning Standards

The "Transition" Parent Workshop is closely associated with the student programs which intertwine elements of all three strands of the curriculum, 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 that can be accessed via our website.