



City of
Melville



SOCIAL RESOURCE DIRECTORY



Introduction

Welcome to the City of Melville's Social Resource Directory. Enclosed is a comprehensive list of services available to deliver content promoting social and emotional development for young people. The aim of this directory is to respond feedback from young people who participated in the City of Melville's Youth Voice survey. Areas of concern raised by young people and the services that work with them included cyber-safety, sexual health & consent, mental health, dealing with relationships, risks associated with alcohol and other drugs, and dealing with stress. These areas have been addressed in the directory, which includes specialised youth services in these sectors.

The vast majority of services are free for schools, however some are not. For services that are not free the City of Melville has funding available through the Community Partnership Fund which can be utilised to access these workshops and presentations. We actively encourage you to make use of these funds to address areas deemed relevant to your student body, professional development, or for community groups and parents. The funding is not available to schools directly but is to be accessed by other community bodies such as school P&C committees.

This Directory is a growing document which means that we intend to be continually adding in services deemed appropriate based on our research and your feedback. At the end of the directory we have enclosed a feedback form which you can email to us to bring our attention to any areas you would like to see added, and make suggestions to improve the directory. As we update this document we will email you to inform that there have been changes made.

Please note that while we have contacted all included services to ensure the accuracy of our information and that this directory will undergo regular revision, we cannot guarantee the on-going commitment from service providers to the information presented herein. If you come across anything that needs to be changed please do not hesitate to get in contact with us.

We are very open to hearing what you have to say about this document as the more minds that are involved in coming together to improve the lives of young people the better.

We hope you will find this document useful in supporting young people in your community, and helpful in bridging the gap that may be present in getting these types of services into your school.

If you require assistance with the grant application process, or with choosing an appropriate service, please contact a Community Development Officer – Youth.

City of Melville
9364 0666
melinfo@melville.wa.gov.au

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Armed For Life

(Alcohol & Other Drugs, Mental Health, Cyber Safety, Bullying, Social Support, Parents & Professionals)



Armed For Life is an organisation that exists to help children, teenagers and adults develop better resilience in relation to the problems that they face, and to increase their mental health and general health and wellbeing. This is achieved through a number of different ways:

- Sessions run for students, school staff and parents in schools
- Programs specially designed to bring holistic long lasting change (Resilience Program, Overhaul Program, Engagement Program and Wellbeing Days to name a few)
- Camps purely focused around resilience and mental health

Each session and program is based around the concept of drawing engagement from the group being presented to first and then working through practical points in relation to changing whatever issue is being addressed; all reinforced with lived experience of presenters and Armed For Life team members. There are always such great questions in the Q&A section at the end of the session or program demonstrating the high level of engagement.

Armed For Life has now been booked by over 225 schools in Perth and in some country areas, and in the last 6 years Armed For Life has presented sessions to over 600,000 students – and the goal continues to be to make a strong impact in the community in the area of resilience and mental health for everyone.

Programs Offered:

For Students:

Bullying

Bullying is a serious problem in our schools. Statistics now say that 1 in 3 students are bullied on a daily basis, which is a number that we cannot ignore. Bullying has a very strong impact on a students' self-esteem, how involved they are in school work and even their success later in life. We need to deal with this problem effectively – and this session has been praised by numerous teachers that it is the best session they have seen on bullying in their time as a teacher (25 years in one case)

This bullying session highlights the important issues in regards to bullying, why students bully others, the importance of bystanders getting involved and the different choices that students experiencing bullying have in these situations. As well as practical points this session is strongly driven by lived experience.

Cyber Safety

Living in such a technically advanced culture mean that our kids and teenagers need to be equipped in how to be safe while being on the internet. It is almost impossible to keep students away from social media – so the focus needs to be how to keep them safe while being online.

We discuss how student online reputation is not separate to their real-life reputation, the importance of taking into account the terms and conditions for social media sites as well as settings for devices and how students relate to people online (and can also include other related issues such as Cyber-Bullying, Screen Addiction, Pornography and more).

Drugs and Their Affect

Drugs and alcohol have always been an issue for teenagers that are looking for a way to medicate the pain that they may be feeling. It is not more of an issue than ever before. This session discusses why we use coping mechanics as teenagers, how they become addictions and the danger of using drugs and alcohol not just now but for the rest of our lives.

This session not only using practical points on how to deal with drug and alcohol use but also strongly relies on lived experience to help teenagers engage with the information.

Relationships and Dating

High school students today are given so many mixed messages about dating, relationships and what really matters. It is important to explain what a healthy relationship looks like but also to talk about the students as individuals and whether they are ready for a relationship.

This session aims to help students understand the difference between dating and a relationship, why they should be looking at themselves before ever getting into a relationship, and what a healthy relationship actually looks like.

Resilience

One thing is guaranteed in life – we will face problems. Resilience is the ability to bounce back regardless of the problems that we face.

Many students lack this ability and view the world as coming to an end every time there is a problem.

There are certain skills that are very important in relation to dealing with problems, and it's only once these skills are learnt that we are able to be resilient. This session focuses on helping students understand why resilience is so important and teaching the skills that will help students grow in relation to resilience.

Self Esteem

What do you see when you look in the mirror? For many teenagers what they see in the mirror does not line up with reality.

Many students have a damaged self-esteem, and are not able to face challenges in life because of this. Having a positive self-esteem can change everything, from how we interact with people to how we deal with problems.

It is so important to have a healthy self-esteem and this session focuses on helping students identify for themselves if their self-esteem is low, and 6 effective things that they can do to practically change how they feel about themselves.

All programs offered for students

Anxiety

Bullying*

Cyber Safety*

Decision Making*

Drugs and Their Affect

Effective Fundraising

Goal Setting

Good Mental Health

Good Organisation

Health and Well-Being

Healthy Friendships*

Leadership

Prep for High School (Yr 6s)*

R U OK?

Real Beauty – Where girls get their value from

Real Men

Relationships and Dating

Resilience*

Respect

Screen Addiction

Self Esteem

Self-Awareness and Managing Emotions

Self-Motivation

Social Justice and Living Beyond Yourself

Stress Management

Team Building

Walking Away – Fighting

Yr 12 Leavers

*Denotes that this program is suitable for primary school aged students

For teaching staff:

Teaching is now known as the most stressful job that we can choose as a career path. The expectations continue to increase every year, but along with the difficulty come incredible opportunities to make a powerful difference in the lives of the students that we teach. These sessions are designed to help teachers and school staff be the best that they can be in the role that they carry – as well as engage and educate the students they come in contact with as successfully as possible.

Programs for teaching staff:

Reducing and Managing Stress

Health and Well-Being for School Staff

Importance of Good Mental and Emotional Health

Sleep – and How to Get More of It

Maintaining a Positive Work/Life Balance

Creating a Positive Work Environment

Goal Setting for the Classroom

Identifying and Removing Bullying for Staff

Modelling Resilience

How to Engage with Students Effectively

Teaching Generation Z

For parents:

Parenting does not come with a handbook! It is difficult at the best of times to figure out how to raise our children well so that we give them the best chance possible to thrive and succeed. These Armed For Life sessions are designed by the Armed For Life director Adam Przytula, aimed at helping parents with many of the difficulties that they face based on raising his own son and putting these points into practice himself.

“Adam has worked miracles with my teenage daughter. We have been to psychologists and counselling and nothing really helped with her anxiety. She was able to open up to him and felt very comfortable. I would recommend Adam to any one that needs help. Thank you so much.” - Tammy

Programs for parents:

How to Build Resilience in Your Child
Bullying 101 – Parenting Advice
Helping Our Children Manage Stress
Keep Your Child Cyber Safe

Healthy Lifestyle for the Family
Relationships
Anger and Pornography

Location:

On school premises

Fees:

Prices below are based on multiple workshops on the same day:

Perth Metro Prices

1 x Session - \$500 + GST

2 x Sessions - \$800 + GST (Saving \$200)

3 x Sessions - \$1100 + GST (Saving \$400)

4 x Sessions - \$1300 + GST (Saving \$700)

5 x Sessions - \$1500 + GST (Saving \$1000)

1 Full Day - \$1600 + GST (Saving \$1400)

Contact:

Adam Przytula

0438938049

adam@armedforlife.com.au

<https://www.armedforlife.com.au/>



Constable Care

(Alcohol & Other Drugs, Cyber Safety, Bullying, Social Support)



The Constable Care Child Safety Foundation has kept West Australian kids safe for more than 28 years! Through puppet theatre and live interactive performances, Constable Care Child Safety Foundation address a range of personal safety, community safety and citizenship themes to excite, engage, challenge and educate children.

Utilising the internationally-researched Theatre of the Oppressed and Forum Theatre participative approaches, we empower students to identify practical solutions to issues they face. More than 40 years of worldwide research into this best-practice approach demonstrates that students experience real behaviour change as a result of this program.

Lower Primary Programs:

Getting to School

Topic: Pedestrian, bike and road safety.

Oh no! You're late for school! Go back in time with Constable Care to learn all the fun and safe ways of getting to school. Children will learn the safety rules for walking, cycling and being a passenger.

Celebration

Topic: Cultural diversity.

It's the last day of school; time for a class party! Children will learn about different types of music, food and games with our culturally diverse class.

Fun Scary

Topic: Protective behaviours.

Timmy and Teagan learn there is a difference between fun scary and bad scary feelings. They also learn they have a 'helping hand' of safe people to talk to. This fun show will help children identify feelings to increase emotional literacy, and help them identify a safe network of adults to talk to.

Making the Right Call

Topic: Emergency numbers.

Who do you call when you need help? Join Constable Care as he teaches Zac the right numbers to call when confronted with emergency situations. Children will learn about contacting the Police, Crime Stoppers and 000

Upper Primary Programs:

Fair Play

Topic: Human rights.

This high-energy performance sees alien Fred from planet Utopia teach students about the human rights concepts of freedom, respect, equality and dignity. Ideal for Years 3 to 6, this fun interactive play explores the principles that ensure we live in a just society that treats all people fairly.

Screen Name

Topic: Online protective behaviours.

When does online fun turn into real danger? What should Laura do when the boy she met online isn't who she expected? This energetic performance uses online gaming as the backdrop for this timely reminder for Years 4 to 6 students about staying safe online.

Warrior

Topic: Violence and harm prevention.

An intense two-actor drama for Years 4 to 6 that explores how young people can channel violent and destructive behaviours into creative pursuits. When feeling threatened at a bus stop, Sophie attempts to find some common ground with the aggressive Nathan.

Frenemies

Topic: Bullying and respect.

With the overarching aim of bullying prevention, this interactive performance encourages Years 4-6 students to think about how their behaviour can affect other people. It also helps them build confidence in making friends and developing resilience

High School Programs:

Control Freak

Topic: Relationship violence and controlling behaviours.

It starts out with small things, like checking her text messages and suggesting she change the clothes she's wearing before they go out. However she soon finds herself with more than just an overly loving, passionate boyfriend - she finds herself trapped in an abusive relationship. This four-actor theatre workshop for Years 9 to 12 uses playbacks and student on-stage participation to revisit actions and their consequences in order to identify and address issues of controlling behaviour and domestic violence.

Drinking Games

Topic: Underage alcohol abuse and peer pressure.

Exploring an intense scenario where an out of control house party ends in sexual assault, violence and serious injury from alcohol poisoning, this hard-hitting four-actor theatre workshop for students in years 7 to 11 uses playbacks and student on-stage participation to revisit decisions made and their consequences in order to find better ways to manage peer pressure.

Isolation

Topic: Bullying and cyberbullying.

Mocked, physically assaulted, relentlessly pursued both at school and online, this powerful four-actor theatre workshop portrays real students' experiences of bullying, cyberbullying and their impacts on their mental health. This performance for Years 7 to 11 uses playbacks and student on-stage participation to revisit actions and their consequences in order to find better ways to address bullying behaviours and change the culture of bullying amongst students.

Candy Shop

Topic: Illicit drug use

Rhiannon just wants to fit in. Kiaan just wants to play better footy. Michael just wants to escape the pressure. Developed in consultation with SDERA, Candy Shop explores the risks and reasons behind illicit substance abuse. Using the internationally recognised Forum Theatre, it encourages students to generate powerful problem solving strategies.

Location:

On School Premises

Fees:

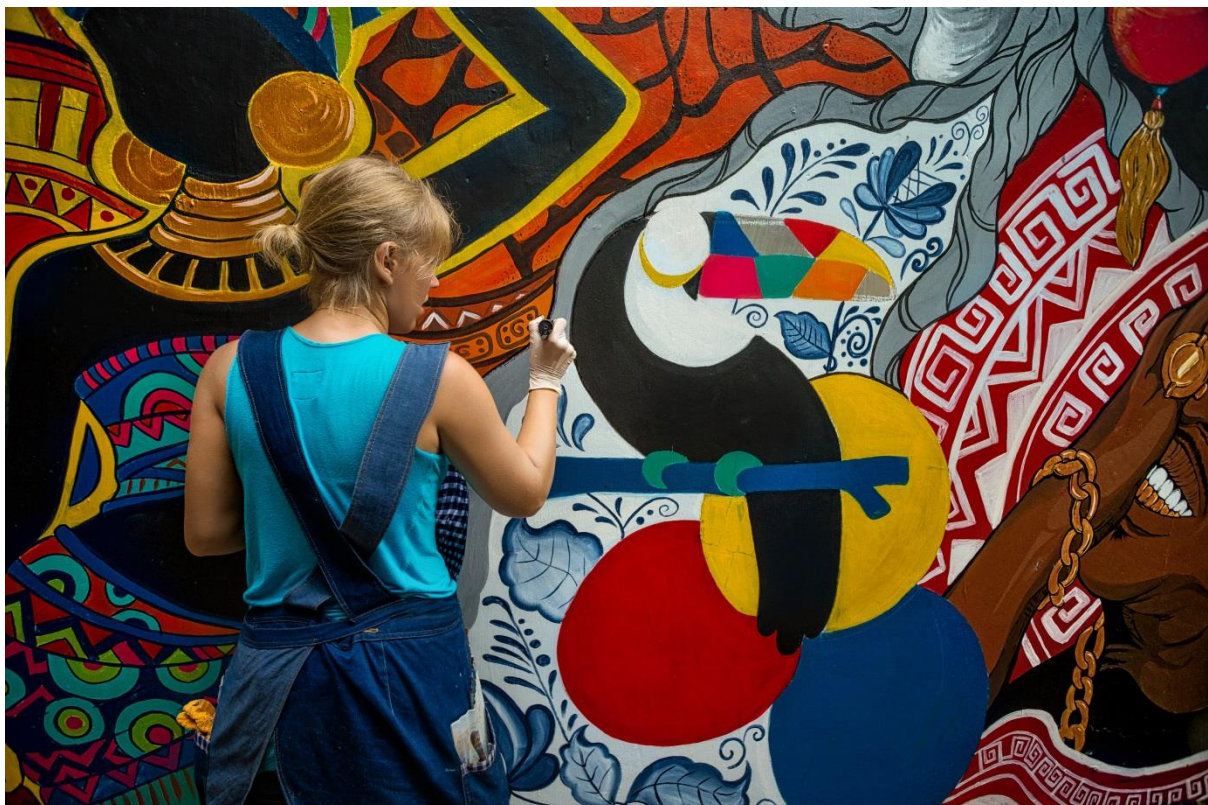
Free for all schools within the City of Melville

Contact:

9272 0007

mail@constablecare.org.au

<https://www.cccsf.org.au/>



Dr YES

(Sexual Health, Alcohol & Other Drugs, Mental Health)



Dr YES (Youth Education Sessions) is a school based health initiative run under the auspices of the AMA (WA) Foundation. The program sends specially trained volunteer medical students into metropolitan and rural high schools to have open and engaging discussions on topics concerning youth health - specifically mental health, sexual health and alcohol & other drugs.

This program both complements and adds to the school health education curriculum and aims to help break down the barriers that may prevent young people from accessing health care.

Programs Offered:

Dr Yes Information Session (Young People)

The underlying purpose of all the sessions is to provide evidence based education, explore harm minimising strategies, encourage health seeking behaviour and empower high school students to make safe choices. The medical students use a peer to peer approach to discuss the pertinent issues many high school students face with the aim of equipping them with the confidence and knowledge necessary to make safe decisions whilst highlighting the important role the General Practitioner plays in regards to their wellbeing.

The sessions at the schools are fun, fresh, engaging and informative, helping to provide accurate information about topics that may not normally be discussed with a teacher. Dr YES is unique and incredibly successful due to the fact that the messages are provided by medical students who are not much older than the high school students themselves. This helps students to develop an atmosphere of mutual understanding, respect and confidence.

Location:

On School Premises

Fees:

Free

Contact:

(08) 9273 3000

dryes@amawa.com.au

<http://www.dryes.com.au/>



Frame Initiatives

(Alcohol & Other Drugs, Sexual Health, Social Support, Parents & Professionals)

We help to shape safer communities by promoting safe and respectful relationships among senior school student groups. We deliver relevant and engaging presentations with student, staff and parent groups. We make use of multiple learning styles in our sessions and do all we can to make our message stick! We believe presentations are a great investment in the lives of students, providing a strong foundation for lasting social change. Teachers often reflect back to us that it is helpful to have an external presenter come into their school to present on sensitive issues. We also hear that our presentations open the door for future conversations between staff and students about relationships.

All of our presentations come with two follow up lesson experiences that can be facilitated by teachers to discuss the topics in smaller groups of students. These are linked with the Australian Curriculum and have been professionally designed for maximum effectiveness.

Student Presentations

Location:

On School Premises

Fees:

\$450+GST (discounts given for back to back presentations)

For Young Women:

Please Like Me (Yrs. 8-9)

This presentation encourages girls to develop confidence and a strong respect for self. It discusses hot topics like appearance, selfies, social media, dating and rumour-spreading and encourages girls to look out for one another.

Consent Strategies (Yrs. 10-12)

This presentation offers a clear understanding of sexual activity and consent in the eyes of the law. It equips young women with knowledge of their rights in relationships. It also offers protective behaviour strategies to keep themselves and their friends safe.

For Young Men:

Men of Respect (Yrs. 8-9)

This presentation helps young men to define manhood based on character. It addresses their developing attitudes toward women, and discusses respectful thought, speech and behaviour toward women. It encourages

Harassment Safety (Yrs10-12)

Sexual harassment in its various forms is experienced by the majority of young women. Increasingly, this is taking place online. This presentation equips girls with strategies for dealing with different forms of harassment and encourages young women to look after one another.

Problems With Porn (Yrs. 10-12)

This presentation explores the way that porn shapes male attitudes toward women, influences relationships and contributes to slavery around the world. It encourages boys to rethink their views and engagement with

boys to make the choice to be men of respect, allies for women in their lives.

[Sexual Harassment](#) (Yrs. 10-12)

This presentation explore different forms of sexual harassment and highlights sexual harassment as an expression of male weakness, not strength. It seeks to promote empathy within the group and equips students with strategies for keeping others safe.

For Combined Groups:

[The Respect Effect](#) (Yrs. 7-8)

The Respect Effect explores the value of respect in building positive relationships and school culture, where all people are given the opportunity to thrive. In this presentation, students will engage with the cycle of respect, understand their role in creating a respectful environment and explore tools to manage their own actions when the cycle of respect is broken.

[Alcohol Savvy](#) (Yrs. 10-12)

Binge drinking is a recognised social problem among teenagers and young adults. It is often cited as a major factor in cases of violent and sexual assault as well as fatal car incidents. This presentation discusses the Australian drinking culture, peer pressure, risks of drinking and safe drinking habits. It encourages students to be participating in a growing culture among young people to drink in moderation for health and social benefits.

Parent Presentations

We have teamed up with **Stuart Wesley** from **Wesley Counselling** to offer a series of presentations designed to encourage and equip parents in their critical parenting role. These presentations can be delivered individually or as a series.

Presentations run for **2 hours** (including a break) and cost **\$30pp + GST** (minimum 25 people).

[Parents And Personalities](#)

This presentation introduces the well-known D.I.S.C model to parents, which provides a framework for understanding personalities. This fun and engaging presentation helps

porn in order to build respectful relationships.

[Consent in Relationships](#) (Yrs. 10-12)

This presentation offers a clear understanding of sexual activity and consent in the eyes of the law and encourages young men to choose respect in relationships. It also offers tips for recognising when others might be in danger and practical advice for how to step in and ensure the safety of others.

[The Dating Dilemma](#) (Yrs. 7-8)

With pressure to date from a young age, this presentation encourages students to consider good and bad reasons to date, a framework for choosing the right person to date based on safety and respect and tools for treating others with respect. It promotes prioritising *friendship* over dating at this age.

[Lessons For Leavers](#) (Yr. 12)

Making good choices is the key to memorable leavers celebrations. In partnership with WA Police, this presentation explores good planning tips for leavers celebrations as well as harm minimisation strategies relating to alcohol consumption, sexual activity, driving and more. Students are given practical tips to keep themselves and those around them safe on leavers and beyond.

[Who's In Charge?](#)

Parental authority can sometimes have a 'do it my way or else' vibe about it. The question is, "How does a parent stay in charge while positively building the parent-teen

parents to identify their own personality style and the personality style of their child. This knowledge points to common strength and struggles for each relationship in the family, and suggests strategies for building healthy relationships between personalities.

[Getting Great Communication](#)

When parents complain that their child is not listening to them, the focus is usually on how to change the child. This presentation focuses on the communication of the parent, empowering them to transform the communication game.

[Responsible Kids](#)

Yes! It is possible to have children who take responsibility. But it does not happen on its own. Teens need to be guided toward becoming responsible people. This presentation focuses on building responsibility and obedience.

Contact:

dan@frameinitiatives.com.au

<http://www.frameinitiatives.com.au/>

relationship?” Many parents feel torn between remaining in charge and dominating the relationship, or giving in to the teen’s wishes to maintain a friendly relationship. There is another way. Parents can become aware of their default parenting style and then choose different approaches with their teen. This presentation equips parents with a parenting style that is honouring for both the parent and teen.

[The Home Of Peace](#)

While no family will be free of conflict, the ability to have conflict in constructive ways is crucial for growing peacefulness in the home and training children to raise issues that matter deeply to them. Parental reactions to conflict shape how the conflict will play out for good or bad. This presentation looks at the ways in which parents can become more aware of their own triggers and how they feed conflict in the family. It aims to equip parents with a framework for standing their ground on principles and values while maintain stable emotions.

[What's Trending?](#)

It is difficult to stay on top of social and technological trends in our culture. The rate of change is lightning fast. By staying informed of current issues such as social media, sexting, pornography and more, parents can lead constructive conversations with their kids to help them make informed choices and stay safe for life. This presentation aims to help parents to understand the social and technological issues facing their kids and equips them with tools to hold constructive conversations on sensitive issues.

Freedom Centre

(Sexual health, LGBTIQ+, Social Support, Peer Support, Youth Space, Parents & Professionals)



Freedom Centre is run by LGBTIQ (lesbian, gay, bisexual, transgender, intersex, queer or questioning) young people for LGBTIQ young people using a peer support model. Peer support is where people get support from other people who share similar experiences. We are funded by the Mental Health Commission to prevent mental illness and promote mental health, aiming to:

- increase community connectedness and engagement (or reduce social isolation)
- provide relevant information about all aspects of health & wellbeing, and;
- encourage and support help-seeking.

We do this through a peer-facilitated informal safe social space as it is empowering and accessible to young people.

Freedom Centre is here for young people (under 26) to support each other and their communities to be informed, happy and healthy about their sexuality, sex and gender. Our drop-in centre is a safe space to hang out, have fun, meet other LGBTIQ young people and get peer-support and info if people need it.

Programs Offered:

Drop In (Young people, external)

There are several sessions and times when LGBTIQ young people can drop in. See our webpage for session times and special events.

For schools:

Freedom Centre can host stalls during school run events that provide information on LGBTIQ+ diversity, mental health and sexual health.

Contact:

Please feel free to contact the Freedom Centre Coordinator for support, info, or to ask any questions you might have.

9228 0354

info@freedom.org.au

freedom.org.au

headspace

(Suicide Prevention/Postvention, Anxiety & Depression,
Job Skills, Cyberbullying, Alcohol & Other Drugs, Parents & Professionals)



headspace is the National Youth Mental Health Foundation providing free early intervention mental health services to 12 to 25 year olds and their families.

They work across four core areas: mental health, physical health, work and study support and alcohol and other drug services.

There are 11 headspace centres across WA, as well as the headspace School Support service.

Programs Offered:

In-School Workshops For Young People And Staff (All)

Community Awareness Officers at all metropolitan headspace centres are able to come out to speak with students, staff, and school communities about a range of issues including mental health, headspace services and bullying.

To arrange a presentation or find out more contact your nearest headspace centre.

eheadspace (Online, Young People, Families)

eheadspace offers free, confidential online and telephone support service for 12 to 25 year olds and their families and carers across Australia.

You can speak with a trained counsellor via direct message, email, or phone about any issue impacting your health or wellbeing. The service is available seven days a week from 9am-1am Australian Eastern Standard Time. Visit eheadspace.org.au for details.

Headspace School Support (All)

headspace School Support is a suicide postvention program which assists Australian school communities to prepare for, respond to and recover from the death of a student by suicide. To talk with headspace School Support about creating a program for your school or responding to a death by suicide you can email schoolsupport@headspace.org.au or call 0427 833 188.

Digital Work And Study Program (Online, Young People)

The Digital Work and Study Program offers online support for 15 to 24 year olds worried about work or study. You can access resources and webinars or speak with a trained work and study specialist online or over the phone.

To find out more visit headspace.org.au/young-people/digital-work-and-study-program

Locations:

Face- to-face support for 12 to 25 year olds and their families and carers at headspace centres (located in Fremantle, Rockingham, Midland, Armadale, Osborne Park, Joondalup)
In school workshops and education
Online and telephone counselling and information

Fees:

Free

Contact:

headspace Fremantle

(08) 9431 7453
info@headspacefreo.com.au

headspace Rockingham
(08) 6595 8888
hello@headspacerock.com.au

headspace Midland
(08) 9274 8860
reception@headspacemidland.com.au

headspace Armadale
(08) 9393 0300
reception@headspacearmadale.com.au

headspace Osborne Park
(08) 9208 9555
info@headspaceospk.com.au

headspace Joondalup
(08) 9301 8900
info@headspacejoondalup.com.au



HelpingMinds

(Mental Health, Social Support, Parents & Professionals)



HelpingMinds offers a range of free, professional and confidential counselling and support programs to children and youth aged 8-18 years who have a friend or family member that is affected by mental illness or are at risk of developing a mental illness themselves.

Programs Offered:

Changing Minds (Young People)

This is a free innovative school education program aimed at secondary school students in the Perth metro and greater Bunbury area. The main aim of the Changing Minds program is to address the stigma of mental illness, however some schools have certain issues they face and we can then cater for those needs such as depression and eating disorders. There are three modules in this program:

Module 1: Starting Conversations

- Increase the understanding of mental illness among young people
- Dispel myths and stigma surrounding mental illness
- Provide information about mental illness
- Advise of available information and support
- Encouraging early intervention

Module 2: Facing Challenges

- Increase the understand around risk factors for mental illness
- With a specific focus on:
 - COPMI (Children of Parents with a Mental Illness)
 - Alcohol and other drugs
 - Healthy relationships
 - Social media

Module 3: Positive Choices

- Protective factors of mental illness
- Staying Mentally Healthy
- Self-Esteem
- Assertiveness
- Self-Talk
- Mindfulness Meditation

Classroom Wellness (Parents/Teachers/Adults working with young people)

HelpingMinds offers two Classroom Wellness Programs for primary schools. These programs assist teachers implement practical tools and processes into their classrooms so that Social and Emotional Learning (SEL) is integrated into the daily teaching program.

Program 1 – Incorporating Wellbeing into Everyday Routines

- Increasing knowledge of social and emotional learning
- Learn key activities that can be incorporated into everyday interactions that will support children's social and emotional learning
- The 5 social and emotional competencies and how they fit within the KidsMatter framework

Program 2 – Working with Anxiety

- Understanding what anxiety is and how it may be experienced by children in a school environment
- How can you support a child in an anxious state?
- Providing a calm and safe classroom environment
- Nurturing the development of resilience and resourcefulness

Child & Youth Services Counselling (Young People)

This program is for children & youth aged 8-18yrs, residing in the Perth metro area who have a family member or friend with a mental illness. They must have the ability to meet at a HelpingMinds office or school within the catchment area and provide a completed parent & client consent form.

- Education on mental illness
- Advocacy and referrals if required
- Liaison with school and parents/guardians
- Counselling and support
- Development of healthy coping strategies
- Development of positive self-image, self-esteem and confidence
- Safety plans (what to do in an emergency, or if someone is unwell)
- Provision of information on services available
- Referral to HelpingMinds school holiday programs for respite

Smiles – Simplifying Mental Illness & Life Enhancement Skills Education (Young People)

SMILES is a free program for young carers 8 to 12yrs living in the Perth metro area. Young carers get to participate in artwork, music, peer support, interactive exercises, games and problem solving which helps to:

- Increase coping skills/knowledge of mental illness
- Reduce feelings of isolation
- Increase self-esteem/coping skills
- Develop a new freedom for self-expression

Koping (Young People)

HelpingMinds are inviting young people aged 13-18 years to attend a new interactive group, the Koping Adolescent Program. Koping is a psycho-educative peer-support program for young people who have a family member affected by a mental health problem. The program explores connecting with peers and learning about mental illness, stress in the family, resilience, and identifying and exploring different ways of coping with stress. Koping aims to provide participants with:

- Improved communication skills
- Improved self-esteem
- Increased understanding of mental illness, its causes and treatments
- Improved supportive relationships with peers
- Increased repertoire of coping behaviour and skills
- Increased understanding and acceptance of emotions

SMILES and Koping are both free workshops run in different locations in the metro area or in schools by request.

Locations:

On school premises
Helping Minds Offices

Fees:

Free programs for young people

Classroom Wellness program \$75/head minimum down payment of \$900

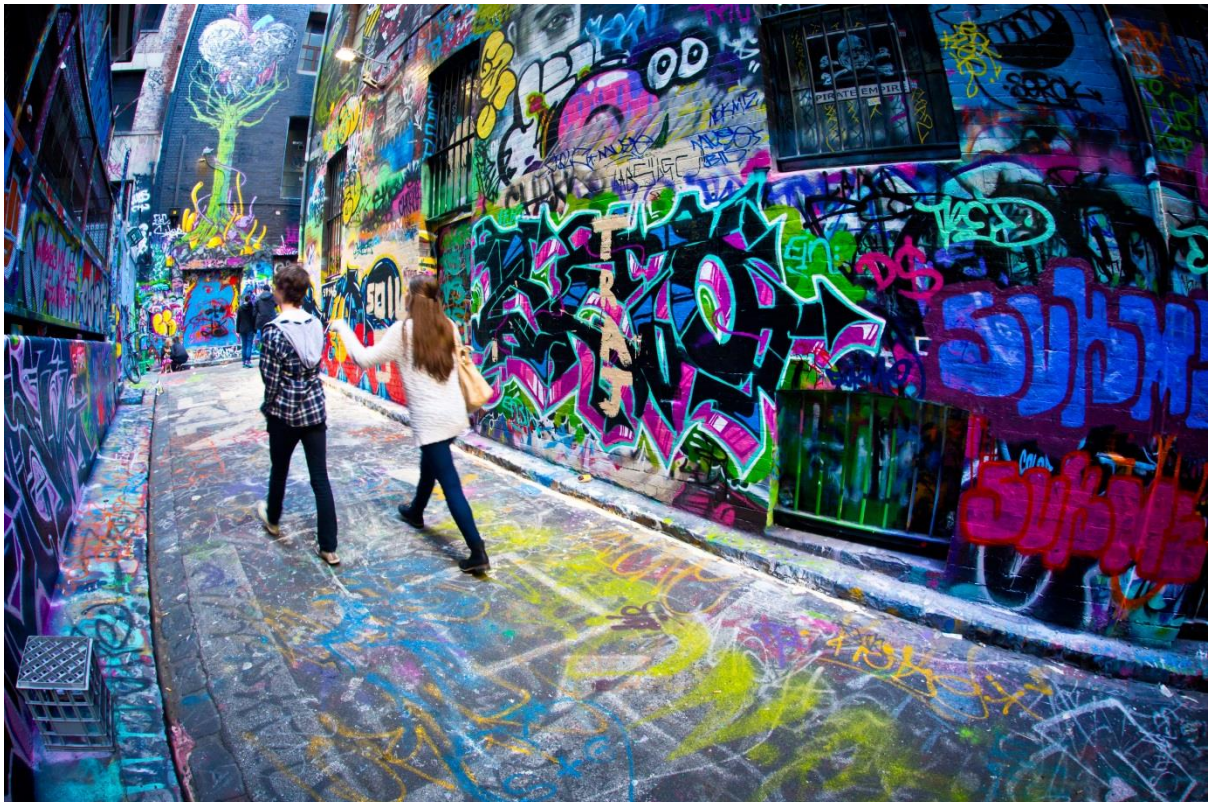
Contact:

9427 7100

North Metro – Jessica Marmoy Jessica.Marmoy@helpingminds.org.au

South Metro – Ellen Hart Ellen.Hart@helpingminds.org.au

www.helpingminds.org.au



Established in 1975, Holyoake is a not-for-profit organisation that offers a wide range of programs to help people of all ages and circumstances to live healthier lives and enjoy happier relationships. Our evidence-based programs include counselling and support for families impacted by alcohol and other drugs, and through our social enterprises, we offer training and evidence-based programs to the corporate, government, education and community services sectors.

Target Groups:

- Young People
- Parents/Teachers/Adults working with young people

Programs Offered:

DRUMBEAT® (Young People)

Holyoake's evidence-based DRUMBEAT® program is a structured learning program using hand drumming to *engage, teach a range of life-skills and improve self-confidence*. Over the flexible 10-week program students practice social skills such as problem-solving, active listening, leadership, empathy and tolerance by making music. Their learning is extended through discussion that promotes self-reflection and awareness on how their thoughts, feelings and actions impact their relationships with others.

DRUMBEAT Facilitator Training – become an accredited DRUMBEAT Facilitator to deliver the program to your students (no musical experience required).

Holyoake Program Delivery – A Holyoake accredited facilitator will deliver the 10 session program at your school.

DRUMBEAT Quest® (Young People)

DRUMBEAT Quest is an interactive computer game allowing players to make natural choices that serve as the basis for discussion and self-reflection guided by a facilitator or counsellor. It is a modern resource for counsellors and educators alike, engaging students in social and emotional learning as part of the school curriculum, while incorporating the latest neuroscience on rhythm and its positive impact on emotional regulation. This program is even perfect for an after school club!

Health and Well Being Education (Short Sessions) (Young People & Parents/Teachers/Adults working with young people)

Holyoake's counsellors and facilitators can provide a range of educational sessions around health and wellbeing topics. These sessions can be delivered to parents, teachers and students. Topics include: Alcohol and the Brain, Healthy Body, Healthy Mind, Stress and Resilience, Talking to your Teen, Trauma, Early Responses to Mental Health, and Mindfulness.

Fees:

Contact for quote

Location:

On School Premises

Contact:
(08) 9416 4444
drumbeat@holyoake.org.au
<https://www.holyoake.org.au/>



Legal Aid

(Legal Education, Cyber Safety, Bullying, Social Support)



Legal Aid WA provides information and resources to assist the community with their legal concerns and offers a range of services aimed at target groups or individuals with particular legal problems. Assistance is designed to help people resolve their problems at the earliest opportunity, to improve their access to the law, to avoid unnecessary litigation, and to ensure that legal representation is in keeping with community expectations for fairness.

Programs Offered:

R U Legal? (Young People)

As part of its commitment to Community Legal Education (CLE), Legal Aid WA is offering in person CLE sessions on the topics contained in the R U Legal? resources (accessed through <http://www.legalaid.wa.gov.au/RULegal>).

Legal Aid WA can provide CLE sessions to year levels 5 through to 12. The topics that can be covered in these sessions are sexting, sex and consent, cyber bullying, and information about the trouble young people can get into at leavers. Some topics and content are more appropriate for different year levels.

Location:

On school premises

Fees:

Free

Contact:

9261 6500

rulegal@legalaid.wa.gov.au

For information about other Legal Aid WA Community Legal Education Resources go to Legal Aid WA's website www.legalaid.wa.gov.au

Protective Behaviours

(Child Abuse, Cyber Safety, Harm Minimisation, Social Support, Parents & Professionals)



Protective Behaviours WA Inc. is Western Australia's leading Child Protection Education and Training Organisation that has been operating successfully both nationally and internationally since 1992. Our services are child focused and underpinned by the belief that all children have the right to be safe and free from harm.

Our programs seek to prevent child abuse by providing greater awareness and understanding; as well as providing the tools and strategies for individuals, organisations, parents, families and communities to address and deal with these issues. Our strong and specialised service provides a dynamic professional response to child protection.

PBWA host a range of in-house services including Interagency Specialist Workshops, Parent Workshops and Children's Workshops.

Protective Behaviours WA are the only recognised training body with Protective Behaviours Australia and national and internationally recognised standards. We are members of Protective Behaviours International and are advocating strongly for standardised evidenced based Protective Behaviours programs to be recognised as the only programs to be utilised as all evidence to date points to the success of standardised programs with the 2 concepts and 10 themes across a range of topical areas.

Target Groups:

- Children
- Parents/Teachers/Adults working with children

Programs Offered:

- The Teenagers Guide to Personal Safety
- Cyber Safety and Teenagers Guide to Personal Safety
- Tailor-made classroom programs to suit specific needs
- Parent workshops

Locations:

- In school
- On Protective Behaviours premises
- In-home

Fees:

Please contact the office for a detailed quotation

Contact:

Training and Bookings Coordinator

education@protectivebehaviourswa.org.au

0459 602 797

51 Anketell Street

KENSINGTON WA 6151

<https://www.protectivebehaviourswa.org.au/>

Red Frogs

(Alcohol & Other Drugs, Harm Minimisation, Social Support)



Red Frogs is a support program that provides direct relief from alcohol and drug related issues. Red Frogs recognises that the culture of young people is dominated by alcohol and that excessive consumption of alcohol and other substances can lead to dangerous and life-altering behaviours and circumstances. Therefore Red Frogs make it their mission to provide direct relief by:

- Being a positive peer presence in alcohol-fuelled environments where young people gather
- Educating young people on safe partying behaviours and understanding the consequences of their actions,
- Promoting and providing non-alcoholic and/or diversionary activities that engage young people in these environments,
- Being a point of referral to professional services and providing pastoral care for young people who are suffering from alcohol abuse, substance abuse, physical harm, sexual abuse, emotional abuse, self-harm, attempted suicide or who are otherwise in a state of helplessness, distress or misfortune.

Programs Offered:

Leavers/Schoolies Safety Program (Yr. 12)

Our signature Leavers program focuses on the issues we have seen young people encounter during their end-of-school celebrations. Presenters will share real life stories gained from personal experiences of volunteering at Leavers Week, plus provide students with advice on navigating challenges that may arise during the week. The students will be left equipped and empowered to make positive choices not just at Leavers Week but in any party environment. The issues we discuss include:

- alcohol, drugs & the Australian drinking culture;
- violence, sexual assault & criminal convictions;
- depression, anxiety & suicide ideation
- How not to get evicted at Leavers
- Tips for staying safe at Leavers

Identity Program (Yr. 7-12)

Every young person has inherent worth and value and great potential for their future. This program has a two-fold focus - it explores both self-worth and the worth of others. It will leave students encouraged and excited about who they are and their future that lies ahead. It will also equip them to better relate to those around them. Topics covered include:

- Introduction to Identity - self-worth, value and uniqueness
- Discussion on the unrealistic standards and expectations set by society and media
- Tools to gaining a greater understanding of the worth, value and uniqueness of self and others

Life After School Program (Yr. 10-12)

Transitioning from school into the adult world poses many challenges for young people to navigate. Our Life After School program address expectations and concerns students may have in regards to the changes which will occur once they leave school. Presenters will share real life testimonies and give information and advice to assist young people during this critical season of their lives.

Party Safe (Yr. 7-12)

Our Party Safe program leaves students aware and equipped to handle many of the situations they may be confronted with in party environments. Our presenters will encourage students to confidently make positive choices in party environments based on stories of their own personal experience of responding to such scenarios.

Location: On School Premises.

Fees: Early Bird pricing applies when booked before April 30.

1 Session: \$450 (Early bird \$375)

Any 2 sessions \$800 (Early bird \$700)

Any 3 sessions \$1000 (Early Bird \$900)

All programs run for approximately 1hr and can be tailored to large or small groups.

Contact:

1300 557 123

education.wa@redfrogs.com.au

<http://au.redfrogs.com/bookings>



Red Ginger Services

(Sexual Health, Mental Health, Social Support, Parents & Professionals)



Red Ginger Services is all about helping people be the best that they can be. We do this through our diverse and unique range of high quality educational programs within school, community and corporate settings. Sexuality education, body image and self-esteem, mindful art, creative writing, drama, bullying, health and lifestyle, CPR - you name it, we got you covered! To make things easy for you, all service delivery formats are flexible and adaptable.

Sexual Health Programs Offered:

Baby Think It Over (Young People)

Baby Think it Over is a virtual parenting and sexual health awareness program for young people. This unique and specialised experience not only allows for early exploration of the demands of becoming a parent, but facilitates critical thinking in their own sexual journey.

Hot Topics Workshop (Young People)

Research is telling us that mass media and pornography are accounting for much of what a young person is exposed to and learns from, when it comes to forming their attitudes and beliefs about sex - how to look, how to act, and how to feel.

The images and content depicted are often very poor educators, as the influence of advertising and consumerism overrides the necessity for relevant and accurate information. This is having a marked effect on the sexual behaviour of our young people, with alarming consequences:

- There is a higher level of STIs occurring in young people from primary school onwards
- We are seeing a younger age of sexual debut (both loss of virginity and engagement in sexual practice)
- Young people are engaging in more extreme sexual behaviours from an earlier age

Red Ginger Services aims to 'Fight Fire with Fire' and provide context to what our young people are accessing online, and in popular culture through its innovative, engaging and fun *Hot Topics Workshops*.

We challenge negative stereotypes, promote safe and healthy relationships and teach participants how to think critically in regards to sex and what they are being exposed to.

Our educational formats are delivered by experienced sexuality educators and we use multiple activities and different forms of technology to get our message across.

Rock What Ya Got! (Young People)

Teaches participants about the importance of maintaining positivity in the way they view themselves, by looking beyond the superficial and appreciating what the body allows us to do, to feel and to become.

Rock What Ya Got! introduces strategies for strength against the barrage of media imagery and helps to develop realistic ideas about participants' own bodies and the bodies of others.

The program is suitable for all young people, including those who are struggling with poor body image and self-esteem, and those showing early signs of dysphoria.

Our program explores:

- The importance of being healthy and unique
- Developing media savvy
- Lifestyle choices and balanced eating, (including a healthy cooking class)
- Bullying, body image and social media (*optional*)
- Resilience, self-confidence and support

We aim to challenge negative stereotypes, promote safe and healthy relationships with themselves and others, and teach them how to think critically in regards to body image and what they are being exposed to.

Act Up! (also to be considered for mental health) (Young People)

A drama program for 12-17 year olds designed to increase awareness of current areas of concern emerging in Australian youth, and provide coping strategies and specific dialogue to help them deal with any circumstances that they may face. We aim to challenge negative stereotypes, promote safe and healthy relationships with themselves and others, and encourage them to think critically about the various influences contributing to both their physical and mental wellbeing, including mass media.

Our Program:

- Offers a wide range of topics covering mental health, cyber safety and media savvy
- Helps to stop the cycle of negative misinformation by developing resilience, increasing self-respect and letting them know where they can get support
- Uses multiple forms of education, from skits to improvisation, YouTube videos to self-reflection exercises
- Complements traditional forms of therapy

Act Up! can be tailored to focus around specific themes that can be located on the Red Ginger website.

Parenting Workshops

Being a parent can be challenging at the best of times. Trying to navigate the tricky subject matter of sexuality with your children can be daunting, confusing or even terrifying!

Red Ginger Services is here to provide light at the end of the tunnel!

Delivered by experienced sexuality educators, the workshop provides:

- Frank and honest information about what young people are facing today
- Advice on how to engage young people in conversations about sexuality
- Strategies to help parents work through any issues that may arise
- Resources on where to turn if the situation is becoming concerning

Our Program Explores:

- Teenage pregnancy
- Contraception & STIs
- Sexual Negotiation & Consent
- Mass Media, Sexting & Pornography
- Gender Diversity
- Sexual Identity & Body Image

Mental Health Programs Offered

Art In The Park (Young People)

Art in the Park is a mindful art program which aims to improve the happiness and well being of participants by engaging their creativity and imagination.

Our program is centred on using a variety of artistic mediums to harness nature, express emotions and challenge negative thoughts.

Our goal is to nurture participants, develop resilience and teach coping strategies for negotiating life's obstacles.

- Allows participants to engage with art and nature as a positive outlet for emotion
- Introduces a variety of activities such as visual arts, make up artistry, videography/photography, martial arts and healthy cooking
- Uses a range of mediums, from clay, paint and collage, to physical movement and technology
- Is a safe, fun and nurturing group environment
- Is run by experienced Youth Facilitators - Meet Our Team [here](#).
- Accepts referrals by health professionals, parents/guardians or participants themselves
- Offers both group and individual sessions
- Can be booked out for private events

Scribe (Young People)

Creative writing is a powerful outlet for emotion, a tool for self-awareness and realisation and a mode of 'self-therapy'. Experimenting with the written word allows us to subconsciously process our thoughts and feelings without being threatened by them.

Red Ginger Services is pleased to offer *Scribe*, a creative writing course for young people aged 7-25 years. Over the course of six weeks, participants are taken on a guided journey from experimental writing, through to more structured forms of prose, concurrently allowing the exploration of their innermost hopes and dreams, and enabling the ability to work through any issues that may be troubling them.

Sessions are held both indoors and outdoors, are 1.5 hours in length and a journal is provided to commence the journey.

Program Aims:

- Build positivity and resilience
- Use writing as a way to cope with everyday emotions
- Encourage this form of 'self-therapy' as a routine part of life
- Use written expression as a way to tackle situations out of our control
- Promote self-confidence, independence and idea formation

Location:

On School Premises

Fees:

Available upon request

Contact:

0407 420 068

info@redginger.net.au

<http://www.redginger.net.au/>



Relationships Australia

(Mental Health, Social Support, Parents & Professionals)



Relationships Australia WA is committed to enhancing the lives of individuals, families and communities by providing a diverse range of relationship support services. We tailor to the needs of our clients, supporting them through times of challenge and change. We are a non-profit community service organisation with no religious affiliations.

Programs Offered:

All About Anger - For Parents And Teens (Young People & Parents/Teachers/Adults working with young people)

A new workshop for parents to come along with their teens. Together the family learns more about anger which can help them sort through issues and manage anger in more helpful ways.

Mindfulness (Young People)

It's natural to react to the people we love in ways that are not helpful. Research has shown that mindfulness practice helps people to respond rather than react and enjoy greater satisfaction in relationships, deal with relationship stress more constructively and be able to communicate more effectively, particularly in conflict situations.

Mums Raising Boys/Girls And Dads Raising Girls/Boys

We have a big selection of popular 2.5 hour workshops in this series. The workshops are either for mums or for dads, and also whether that parent is interested in raising boys or girls under 12 or keen to know more about raising a girl/boy teenager.

Location:

Mostly on site

Fees:

Fees available on website- generally around \$30/head but often our fees can be much less when a school puts a group together.

Contact:

(08) 6164 0200

<https://www.relationships.org.au/>

Sexual Health Quarters

(Sexual Health, Social Support, Cyber Safety, Alcohol & Other Drugs, Parents & Professionals)



SHQ is keen to continue supporting schools to deliver a relationships and sexuality education program that reflects best practice and can do so in the following ways:

- Sessions run by SHQ educators
- Resources for teachers – RELATE: Respectful Relationships Education Program for secondary schools; Information brochures; Contraception Kits; Condom demonstrators; and more (Please see the SHQ shop <http://shq.org.au/shop>)
- Professional learning for teachers and school nurses – RELATE training, Nuts and Bolts of Sexual Health, Tools of the Trade.

Programs Offered:

SHQ educators can come to your school and deliver interactive sessions on a variety of topics including:

- Respectful relationships
- Puberty – body changes, emotional changes, acknowledging sexual feelings
- Contraception
- STI prevention
- Intoxicated sex
- Sexting (Image sharing)
- Porn
- Agency overview – familiarising people with our services and location (These can be presented at your school or at our premises in Northbridge. If you visit us in Roe Street, there is no charge for this session).

All sessions can be tailored to meet the needs of individual groups.

As our sessions are interactive, sessions need to be no larger than 32 students (a single class).

SHQ also operates a Sexual Health Helpline on 9227 6178 or at sexhelp@shq.org.au where people can phone or email any questions anonymously.

Fees:

\$200 + GST per session.

Location:

On school premises
SHQ in Northbridge

Contact/Booking:

(08) 9227 6177

sharelle.tulloh@shq.org.au

info@shq.org

www.shq.org.au

The YEP Project

(Sexual Health, Cyber Safety, Parents & Professionals)



YACWA's Youth Educating Peers (YEP) Project aims to support and educate young people on relationships, sexual health and blood-borne virus (SHBBV) issues. We do this by working in partnership with the WA youth sector and building the capacity of youth workers.

A key focus is on the use of peer education as a youth participation and health promotion strategy with young people with our group of volunteer peer educators, the YEP Crew.

Programs Offered:

[Engaging Young People In Youth SHBBV Issues](#) (Young People)

This workshop is an introduction to the world of youth sexual health & blood borne virus (SHBBV) issues. It is an interactive workshop that provides information and strategies as to how youth workers and professional staff can respond appropriately to situations and instances when their clients – the young people – bring up issues related to sex and sexual health. Previously, the YEP Project has delivered this workshop to North Metro TAFE Diploma of Youth Work students. If you, or your organisation, would like YEP to deliver this workshop, we are able to customise it according to your needs.

[Talking Positive: HIV/AIDS Workshop](#) (Teachers/professionals working with young people)

An often difficult topic to discuss, the YEP Project covers the ins and outs of HIV/AIDS, with particular emphasis in providing best practice strategies on how to engage young people in this sensitive topic. Workshop is facilitated by YEP Crew Peer Educators.

[Creating Safe Spaces: The YEP Youth Sector Guidelines](#) (Teachers/professionals working with young people)

As youth workers, we know it takes a lot of time and energy to build genuine trust and rapport with young people. We know that if a new young person came to our service or program, it's going to be a little while yet before the REALLY talk to us about what's going on in their world.

Enter the topic of sexual health and blood borne viruses (SHBBVs) and just imagine how confused, scared, iffy, unsure, and embarrassed – but super curious! – this young person could be. They're not going to talk to us about stuff like that straight away, but they may really want to.

So, what can we do to make them feel comfortable about talking to us about SHBBV issues? How can we do it? The YEP Project presents fun and interactive workshop on The YEP Youth Sector Guidelines, which are strategies on how to make your youth service/program/organisation more youth- and SHBBV-friendly for young people in our communities. Facilitated by YEP Crew Peer Educators and YEP Senior Project Officer, contact anania@yacwa.org.au for more information or head to our online [Booking Form](#) now to organise this workshop for you and your organisation!

To view the **4 online training videos** to **Creating Safe Spaces: The YEP Youth Sector Guidelines** click [here](#).

Interactive workshops for young people:

Our range of workshops for young people includes the following topics:

- Respectful Relationships & Consent
- STI/BBVs
- Contraception
- Gender & Sexuality
- The Technosexual World
- Sex and the Law

Location:

On School Premises

Fees:

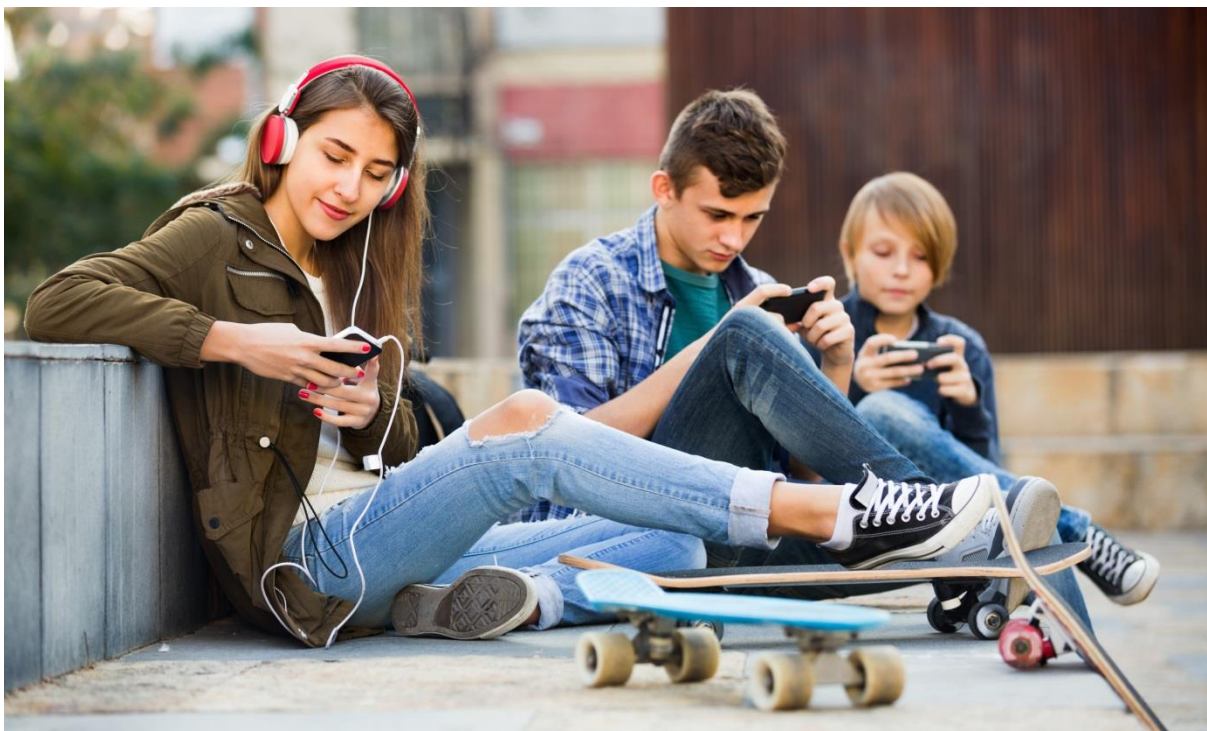
Free for all organisations that work with young people.

Contact:

anania@yacwa.org.au

[Booking form](#)

www.theyeproject.org.au



ThinkUKnow

(Cyber Safety, Harm Minimisation, Parents & Professionals)



ThinkUKnow is Australia's first and only nationally delivered crime prevention program, focusing on cyber safety education. The program is a partnership between the Australian Federal Police (AFP), Microsoft Australia, Datacom and the Commonwealth Bank, and is delivered in collaboration with every State and Territory police jurisdiction as well as Neighbourhood Watch Australia.

Programs Offered:

ThinkUKnow cyber safety presentation for students

Available in schools to provide students with important cyber safety education. ThinkUKnow youth sessions are delivered by all State and Territory police and cater for grades three to 12. In 2018 the program will cater for Kindergarten to grade 12.

These presentations cover:

- Privacy and security
- Safe social media use
- Sharing information
- Healthy digital relationships
- What can go wrong
- How to handle challenges
- Where to go for help

The sessions are tailored by age group as well as specific issues students might be experiencing.

ThinkUKnow cyber safety presentation for parents, carers and teachers

The youth program is complemented by ThinkUKnow sessions for parents, carers and teachers to assist them in communicating with children and young people about the way they use technology. These sessions are run by volunteers from law enforcement and ThinkUKnow industry partners.

ThinkUKnow Teachers Toolkit

ThinkUKnow has developed a toolkit on the issue of sharing personal sexual content (also known as sexting) to assist teachers and schools talk to young people specifically about this matter.

This toolkit includes a classroom activity, an education video, classroom discussions and questions, and helpful information for teachers to better understand how and why young people engage in this behavior.

This lesson can be adapted to suit individual age groups or to address issues relevant to the group; however it is most suitable for grades 7-10.

Please note this product is intended for education professionals. For access to teachers toolkits and accompanying videos, please request access via our Contact Us form:

<https://www.thinkuknow.org.au/contact-us>

Location:

On School Premises

Fees:

All ThinkUKnow presentations and resources are free

Contact:

ThinkUKnow booking center: 1300 362 936

<http://thinkuknow.org.au/>

Please note that all bookings are dependent on presenter availability. Once a request has been submitted, please allow 4 weeks for a response.



WA AIDS Council

(Sexual Health, Parents & Professionals)



Western Australian
AIDS COUNCIL

The WA AIDS Council is a non-government organisation committed to the HIV response in Western Australia. Established in 1985, the Council leads the Western Australian community in the provision of a wide range of services in the prevention of HIV, sexually transmitted infections and blood borne viruses, and the treatment and care of people living with HIV and AIDS.

The Council provides counselling services, wellness programs, referrals, professional training and development for health sector workers and a range of support and prevention education services to target audiences at risk of HIV, sexually transmitted infections and blood borne virus transmissions.

Programs Offered:

Talking HIV (Young People & Parents/Teachers)

Because sex matters... Talking HIV is a series of age appropriate, sex positive presentations, specially designed to educate young people beyond the fundamentals of sex, and provide them with the skills they need to enjoy a safe and healthy adulthood. The WA AIDS Council has a range of age-appropriate presentations around safer sex and healthy relationships for teenagers and young adults. These talks are short, and provide the latest in accurate, holistic, research based safer sex content.

Safe Sex, No Regrets (Young People)

The Safe Sex No Regrets talk for high-school aged teenagers includes information on sexual consent, sexually transmissible infections (STIs), contraception and negotiation, as well as a number of interactive activities. The presentation is delivered by trained health promotion experts.

Location:

On School Premises

Fees:

Free for schools in metro area

Contact:

9482 0000

waac@waaid.com

White Ribbon Australia

(Domestic Violence, Social Support, Harm Minimisation)



White Ribbon Australia's focus is primary prevention - stopping violence before it occurs, by challenging the deeply ingrained attitudes, social norms and power inequalities that give rise to men's violence against women and gender inequality.

The key to the White Ribbon Social Movement is the engagement of men in the prevention of violence against women. White Ribbon works through a primary prevention approach, understanding that men must be engaged to achieve the social change necessary to prevent men's violence against women. The movement recognises that violence is a learned, gendered and institutionally supported behaviour, and targets the sources of violence rather than accepting the world as it is.

Programs Offered:

[Breaking the Silence Schools Program](#) (Young People)

Breaking the Silence is a free, award-winning professional learning program for principals and school leaders.

Delivered across two years, it provides foundational knowledge, tools and strategies to strengthen a culture of respect and equality at all levels of the school community.

The program consists of one e-learning module, 2 workshops, access to an Online Portal of best practice resources and an online forum, and ongoing support from White Ribbon's school team and program facilitators.

Why participate?

- Safer, more respectful and inclusive schools
- Calmer classrooms and more productive schools
- Increased awareness and understanding of violence against women and principles of gender equality
- Reduction in violence supportive attitudes and behaviours
- Evidence-based and evaluated program with proven capacity to result in long-term positive cultural change
- Supported by Departments of Education across Australia
- Supportive not additive – builds on and integrates within initiatives already underway in schools, and with state/territory curricula and school wellbeing frameworks

Adaptable to individual school needs, resources, and context

Location:

Prerequisite eLearning (1 hour online in Term 2)

2x face-to-face workshops (4.5 hours in Term 3 and Term 1 of following year)

Workshops are held in a central location. As locations vary, please contact the White Ribbon Schools Team to find out if the program is available in your region.

Fees:

The program is delivered at no cost.

Contact:

(02) 9045 8430

schools@whiteribbon.org.au

<https://www.whiteribbon.org.au/>



Youth Focus

(Mental Health, Parents & Professionals)



Youth Focus is an independent Western Australian not-for-profit working to stop youth suicide. Youth Focus works with young people aged 12-25 to help them overcome issues associated with depression, anxiety, self-harm and suicidal thoughts through the provision of free, unlimited and professional face-to-face individual and family counselling and other mental health services.

Programs Offered:

Youth Mental Health First Aid (YMHFA) (Adults)

YMHFA is a nationally recognised program delivered across Australia and internationally. The course teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis. Course participants learn about adolescent development, the signs and symptoms of common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Understanding Mental Health - Education Program (Young People)

The Understanding Mental Health program, has been developed in partnership with Black Dog Institute and is designed to 'start the conversation' around mental health in school communities. This program is supported and funded by the Mental Health Commission and is provided to secondary schools in the metropolitan and regional areas. This program is designed to increase the level of mental health literacy across the community so that:

- An unrecognised mental illness does not take away a person's opportunity to realise their potential.
- Individuals are able to identify and seek help for any mental health issues, and to develop the resilience to cope in the future; and
- Parents, teachers, friends, workmates, and others in the community are able to identify and assist with mental health issues that people they know may be experiencing.

Location:

Burswood head office
On School Premises

Fees:

Youth Mental Health First Aid: \$200 (\$180 early bird)
Understanding Mental Health: No Cost

Contact:

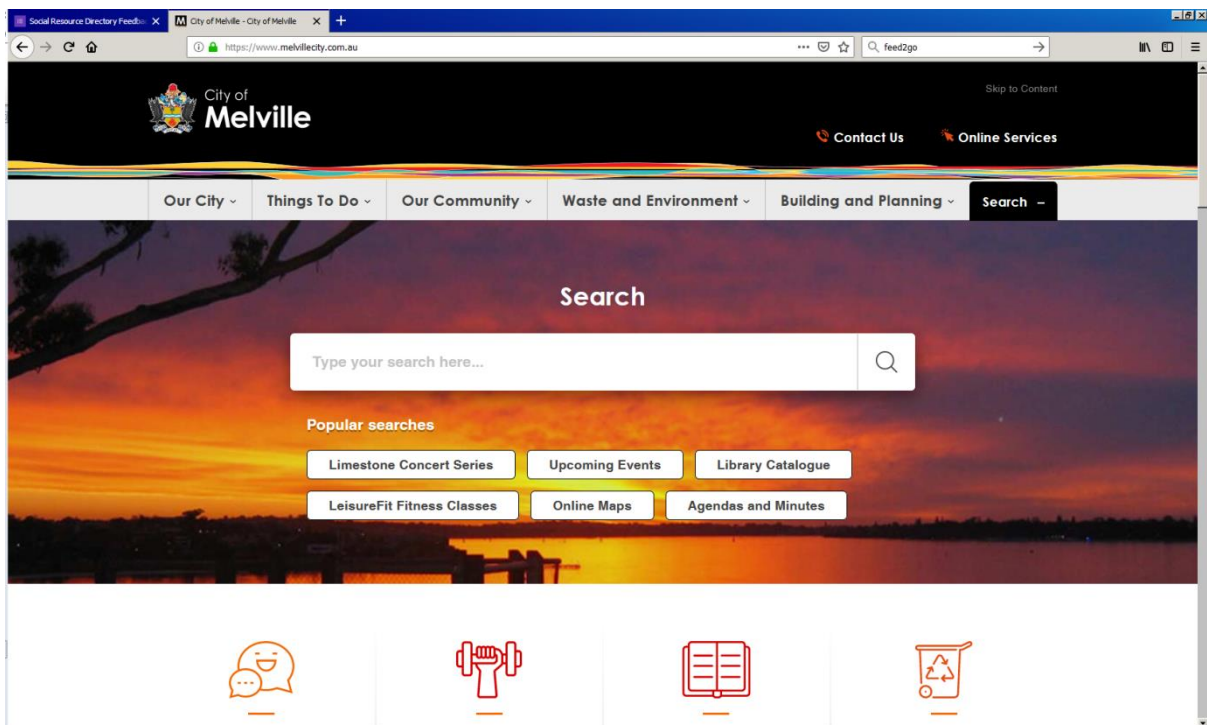
Phone: (08) 6266 4333
training@youthfocus.com.au
<https://youthfocus.com.au/>

Grant Applications

Following below are screenshots of a dummy funding application. This application is for the grant that we would expect to be used for the enclosed services that require fees to be paid. The Coordinator for Customer Relations, Marcia Coelho, who is responsible for grant funding applications is well aware of this directory, is expecting applications for the below services and is available to assist you with any questions you may have on 9364 0660.

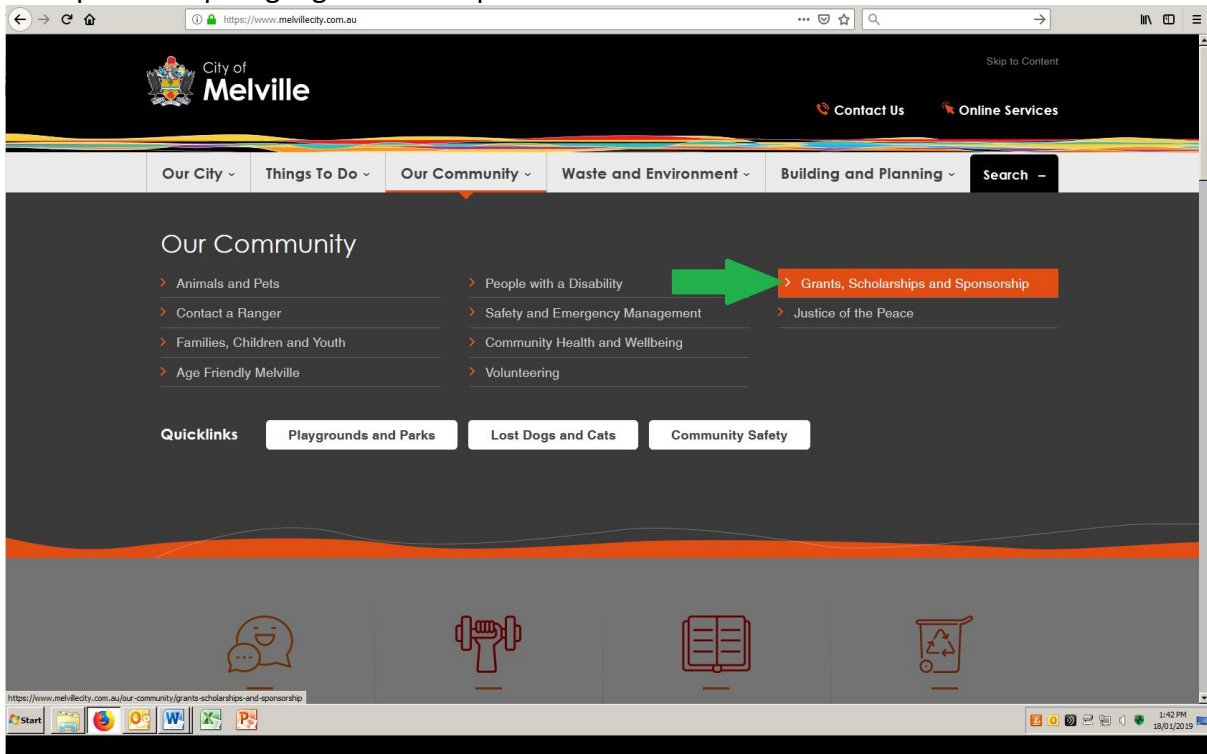
Step 1:

Navigate to the City of Melville website: <http://www.melvillecity.com.au/>



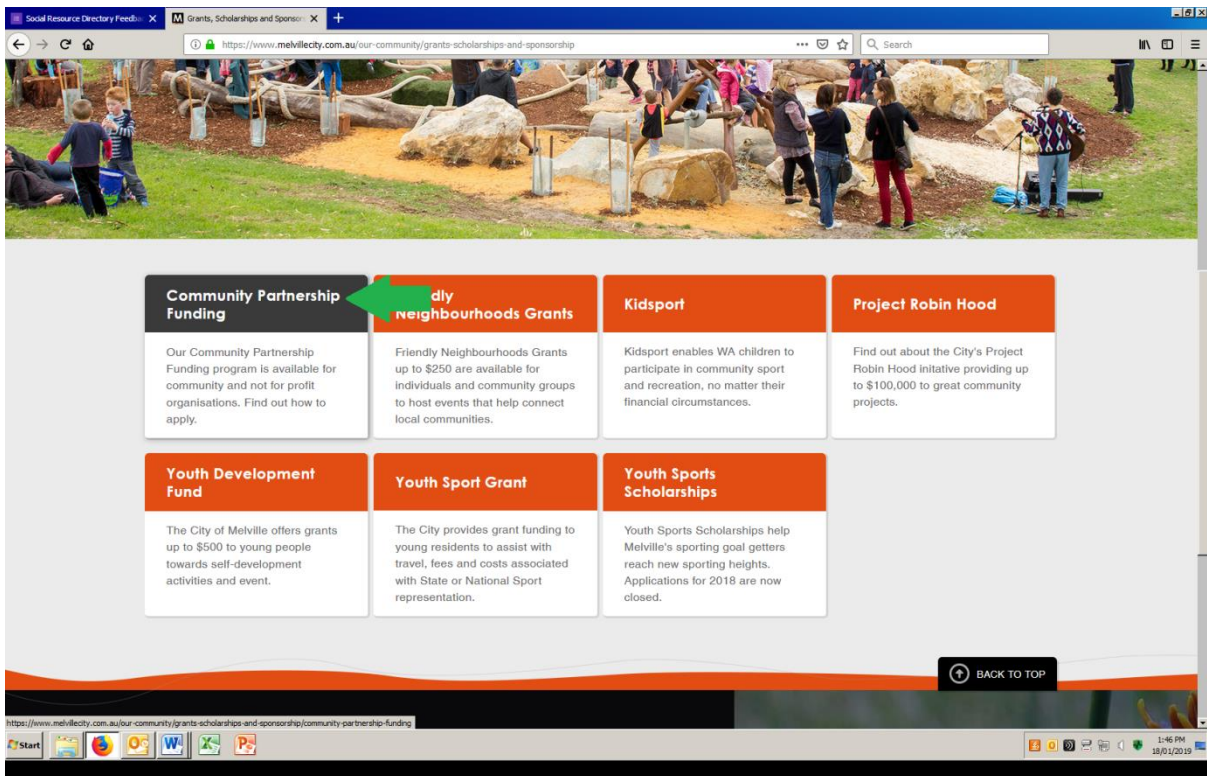
Step 2:

Using Menus at the top navigate to “Our Communities” and select the “Grants, Scholarships and Sponsorship” highlighted in the picture.



Step 3:

Select “Community Partnership Funding”



Step 4: Read through the Community Partnership Fund page to assess entitlements (P&Cs will be entitled by default for the enclosed services) and to familiarise yourself with the funding purposes. Then select the level of funding you are applying for.

Community Partnership Funding

https://www.melvillecity.com.au/our-community/grants-scholarships-and-sponsorship/community-partnership-funding

* Non-incorporated associations applying for monetary grants must have an appropriate auspice organisation (shared aims and common interests) that can support their project and receive the grant on their behalf.

Levels of Funding

Click below to find out more:

- Level One - Community Partnerships (up to \$10,000) - Applications closed
- Level Two - up to \$5,000 (any 3 streams) - Open all year
- Level Three: Seeding Funding (up to \$1,000) - Open all year**

Applications for Level Three are open year-round.

What you need to consider before applying:

- Applications need to be submitted online at least six weeks before the project starting time unless you are holding an event on a City of Melville reserve, then your application must be received three months prior to the event.
- You will need to provide a minimum of one quote for any expenditure items under \$1,000
- You will need to provide your Certificate of Incorporation, Public Liability certificate of currency, letter of support for the project and at least one quote advertised price or estimated price for expenditure items below \$1,000.
- Projects should be aligned to the City's Focus and Priority Areas for this level of funding. More information can be found in the [Community Partnership Guidelines](#).

Apply now!

Non-monetary - in kind (up to \$500) - Open all year

How to Apply

Before applying please read the [Community Partnership Funding Guidelines](#).

Step 5:
Register an account or log in if you have already made a funding application in the past. Read the Guidelines and then select "Start a submission" located at the top of the page.

Community Partnership Funding - Level Three (up to \$1,000)

[Log in](#)

[Start a submission](#) [Preview the form](#)

Submissions are now being accepted.

IMPORTANT: Please read information below to assist you in completing your application online.

BEFORE YOU BEGIN

Welcome to the City of Melville's **Community Partnership Funding - Level 3** online grant application service, powered by SmartyGrants. You may begin anywhere in this application form. Please ensure you save as you go.

For queries about the guidelines, deadlines, or questions in the form, please contact us on 1300 635 845 or 9364 0666 during business hours or email sandra.west@melville.wa.gov.au and quote your application number.

[Click here](#) to view the [Community Partnership Funding Guidelines](#)

If you need more help using this form, download the [Help Guide for Applicants](#) or check out [Applicant Frequently Asked Questions \(FAQ's\)](#)

NAVIGATING (MOVING THROUGH) THE APPLICATION FORM

On every screen (page of the form) you will find a Form Navigation contents box, this links directly to every page of the application. Click the link to jump directly to the page you want.

You can also click 'next page' or 'previous page' on the top or bottom of each page to move forward or backward through the application.

SAVING YOUR DRAFT APPLICATION

If you wish to leave a partially completed application, press 'save' and log out. When you log back in and click on the 'My Submissions' link at the top of the screen, you will find a list of any applications you have started or submitted. You can reopen your draft application and start where you left off.

You can also download any application, whether draft or completed, as a PDF. Click on the 'Download' button at the bottom of the application navigation panel.

SUBMITTING YOUR APPLICATION

You will find a **Review and Submit** button at the bottom of the Navigation Panel. You need to review your application before you can submit it.


Once you have reviewed your application you can submit it by clicking on 'Submit' at the top of the screen or on the navigation panel. You will not be able to submit your application until all the compulsory questions are completed.

Once you have submitted your application, no further editing or uploading of support materials is possible.

When you submit your application, you will receive an automated confirmation email with a copy of your submitted application attached. This will be sent to the email you used to register.

If you do not receive a confirmation of submission email then you should presume that your submission has NOT been submitted.

Step 6:
Begin filling in application as is appropriate for the applying body.



Logged in: Taylor Winning, Edith Cowan University. [My Submissions](#) [Log Out](#) [Contact Us](#)

Community Partnership Funding - Level Two (\$1,001 - \$5,000) — CPF251

Form Navigation

- 1. Eligibility
- 2. Contact Details
- 3. Project Details
- 4. Budget Information
- 5. Before submitting
- [Review and Submit](#)

Eligibility Last saved today, 1:30pm (AWST)

***Indicates a required field.**

Important information. Before applying:

- Please refer to the Community Partnership Funding Guidelines before completing this application;
- Preview the Application Form, so you can gather all information needed;
- Incomplete applications will not be considered;
- Applications received outside the prescribed turn around time, between proposal submission date and the project starting date, will not be considered.

Before completing this application form, you should have read the Community Grants Program [Guidelines](#)

The following section **MUST** be completed by the Applicant Organisation:

Is the applicant a not-for-profit entity? *

Yes No [Clear](#)

Is the applicant an incorporated legal entity or auspiced by an incorporated entity? *

Yes No [Clear](#)

Is the applicant based in the City of Melville or it can demonstrate that the program will benefit the City of Melville community? *

Yes No [Clear](#)

Has the applicant acquitted previous Community Partnership Funding received? *

Not Applicable Yes No [Clear](#)

If previously funded by the City of Melville

Does the applicant have appropriate insurance for this project? *

Yes No [Clear](#)

For example Public Liability

Is the proposal taking place within the prescribed timeline? *

Yes No [Clear](#)

Timeline for Level 2 is at least four (4) months between application submission date and project starting date.

This section is not applicable because of your response to questions:

- "Is the applicant a not-for-profit entity?" on page 1
- "Is the applicant an incorporated legal entity or auspiced by an incorporated entity?" on page 1
- "Is the applicant based in the City of Melville or it can demonstrate that the program will benefit the City of Melville community?" on page 1
- "Has the applicant acquitted previous Community Partnership Funding received?" on page 1
- "Does the applicant have appropriate insurance for this project?" on page 1

If you answered 'No' to any of the above questions you should not proceed with this application. If you have any questions in regards to this please speak to Marcia Coelho on 9634 0660 or 1300 635 845.

Step 7:

Continue form. Please note: Most P&Cs would be considered to be an incorporated entity thus would not be required to be auspiced. If you are in a position that requires an auspicng entity please get in contact with the school or organisation you represent. Should you have any issues being auspicng please get in contact with the City of Melville to discuss your options.

City of Melville

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Community Partnership Funding - Level Two (\$1,001 - \$5,000) — CPF251 — WA AIDS talk

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5. Before submitting

Review and Submit

Contact Details Last saved today, 2:13pm (AWST)

Applicant Organisation Details

Applicant Organisation Name *

Applicant Organisation Name *

Primary (Physical) Address *

Address

123 Fake street

Suburb State Postcode

Melville WA 6156

Must be an Australian post code

Postal Address (if different from above)

Address

As above

Suburb State Postcode

Must be an Australian post code

Applicant Website

Must be a URL

Contact Person *

Title First Name Last Name

Mr Taylor Winning

Position held in Organisation *

P & C

Primary Phone Number *

0112 345 678

Must be an Australian phone number

Contact Mobile Phone Number

Must be an Australian phone number

Applicant Admin Contact Primary Email *

fake@email.com

Must be an email address

Is your Organisation Incorporated?

Yes No [Click](#)

If your organisation is not incorporated, then you need to complete the section about your auspicng organisation

Does your Organisation have an ABN?

Yes No [Click](#)

ABN *

[Linkup](#)

The ABN provided will be used to look up the following information. Click Linkup above to check that you have entered the ABN correctly.

Information from the Australian Business Register

- ABIN
- Entity name
- ABIN status
- Entity type
- Goods & Services Tax (GST)
- DGR Endorsed
- ATO Charity Type
- ACNC Registration
- Tax Concessions
- Main business location

Must be an ABN. [More information](#)

Auspice Organisation Details

Auspice Organisation Name

Auspice Primary Address

Address

Enter a location

Suburb State Postcode

Must be an Australian post code

Auspice Postal Address (if different from above)

Address

Enter a location

Suburb State Postcode

Must be an Australian post code

Auspice Project Contact

Title First Name Last Name

Auspice Project Contact Position

Auspice Project Contact Primary Phone Number

Must be an Australian phone number

Auspice Project Contact Primary Email

Must be an email address

Does the Auspice Organisation have an ABN Number?

Yes No [Click](#)

This section is not applicable because of your response to question: "Does the Auspice Organisation have an ABN Number?" on page 2

Auspice ABN

[Linkup](#)

The ABN provided will be used to look up the following information. Click Linkup above to check that you have entered the ABN correctly.

Information from the Australian Business Register

- Entity name
- ABIN status
- Entity type
- Goods & Services Tax (GST)
- DGR Endorsed
- ATO Charity Type
- ACNC Registration
- Tax Concessions
- Main business location

Must be an ABN.

This response is not a valid ABN.

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Step 8:
Continue to fill in form:

City of Melville

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Community Partnership Funding - Level Two (\$1,001 - \$5,000) — CPF251

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Project Details Last saved today, 1:33pm (AWST)

***Indicates a required field.**

Will the applicant proceed with the proposed project if funding approved is less than the amount requested? *

Yes No [Clear](#)

Project Title *

WA AIDS talk

Project Start Date *

Project End Date *

Brief project description *

Enter description

Word count: 2 words

Provide a short description of the proposed project - what is it about? (Minimum 50 words - Maximum 150 words)

Project Rationale - Why does this work need to be done? *

Explain reasoning

Word count: 2 words

Describe the specific issue or need the project aims to address. (Minimum 50 words - Maximum 200 words)

How does the project align with the Community Partnership Funding program's objectives and areas of priority? *

Answer Question

Word count: 2 words

For a list of the Community Partnership Funding goals and priorities read pages 3-5 of the Guidelines. (Must be no more than 50 words).

What are the planned activities? *

Workshop/presentation/etc.

Word count: 1 word

Briefly list the specific activities that will take place. (Must be no more than 200 words).

Who will benefit from the project? *

Answer Question

Describe the estimated number, gender, age and location/region of those participating in the project. (Must be no more than 150 words).

What are the expected outcomes of the project? Consider social, cultural and economic values in the short and long term goals. *

Answer Question

Word count: 2 words

Identify and describe at least three things the project aims to achieve in terms of benefits for participants and/or others. (Minimum 50 words - Maximum 200 words)

How will you know if these outcomes have been achieved? *

Answer Question

Word count: 2 words

Describe three noticeable changes if the expected outcomes of the project occur. (No more than 150 words).

Demonstrated capacity to successfully undertake the project

Answer Question

Word count: 2 words

Must be no more than 100 words.

How will City of Melville's support be recognised? *

Answer Question

Word count: 2 words

Describe the ways support received will be acknowledged. (No more than 150 words).

How will your project/activity be promoted and advertised? *

Answer Question

Describe what type of media and/or ways the project will be promoted. (150 words recommended)

Will your project run at a Council facility?

Yes, venue is confirmed

Yes, however venue is not yet confirmed

No

[Clear](#)

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Step 9:

In this step you will notice that there is a requirement for a quote from the servicing organisation. Simply get in touch with the organisation and upload the email that includes the quote. If you are requesting more than \$2,000 simply request an official quote from the organisation.



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Community Partnership Funding - Level Two (\$1,001 - \$5,000) — CPF251 — WA AIDS talk

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Budget Information Last saved today, 1:35pm (AWST)

*Indicates a required field.

Before completing the budget, please consider funding requests carefully.

In accordance with the Community Partnership Funding Guidelines, the City will not fund the following:

- **Recurrent operating and maintenance costs for the day-to-day operations of the organisation**
- Capital or equipment purchases above \$1,000;
- Fundraising or profit making activities;
- Liquor licensing or purchases of alcohol or gifts/prizes;
- Travel and accommodation expenses;
- Salaries and wages;
- Projects that have already started or been completed, or costs that have been already incurred.

Please refer to the program [Guidelines](#) for the full list.

Budget (GST Exclusive)

Outline your project budget including details of other funding that has been confirmed and applied for. Clear item descriptions must be given (e.g. performance fees, equipment hire, advertising, etc).

The budget **MUST** balance (TOTAL INCOME = TOTAL EXPENDITURE). Please include these areas in your budget INCOME and EXPENDITURE columns. All figures are **GST exclusive**.

Please don't add commas to figures, eg. write \$1000 not as \$1,000

Income	Confirmed Funding?	\$	Expenditure	\$
<input type="text" value=""/>	<input type="text" value=""/>	\$ <input type="text" value=""/>	<input type="text" value=""/>	\$ <input type="text" value=""/>
<input type="text" value=""/>	<input type="text" value=""/>	<input type="text" value=""/>	<input type="text" value=""/>	<input type="text" value=""/>
<input type="text" value=""/>	<input type="text" value=""/>	<input type="text" value=""/>	<input type="text" value=""/>	<input type="text" value=""/>
<input type="text" value=""/>	<input type="text" value=""/>	<input type="text" value=""/>	<input type="text" value=""/>	<input type="text" value=""/>
<input type="text" value=""/>	<input type="text" value=""/>	<input type="text" value=""/>	<input type="text" value=""/>	<input type="text" value=""/>
		Total: \$0.00	Total: \$0.00	

[Add More](#)

Please attach two (2) written quotes for all expenditure (cost) items over \$2,000. For items under \$2,000, please provide one (1) written quote, estimate or advertised price. Please note that applications with no quotes will be declined without further notice. *

Attach a file: [Browse...](#) No files selected.

Maximum 25mb per file attachment.

In-kind Details

Please list all non-cash (in-kind) contributions here *

Word count: 0 words
Contributions made by the applicant, including number of volunteer hours @32.53 per hour. (Must be no more than 200 words)

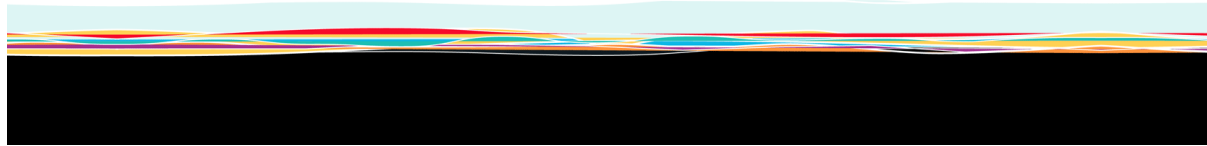
Budget Summary

Total Project Cost * \$
What is the total budgeted cost of the project? (Must be a dollar amount)

Total Amount Requested to the City of Melville * \$
Must be a dollar amount


Total Funding from Other Sources * \$
Must be a dollar amount

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Step 10:

Finally continue with the last step by uploading requested documents, and you're done!


City of Melville

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Community Partnership Funding - Level Two (\$1,001 - \$5,000) — CPF251 — WA AIDS talk

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- Review and Submit

Before submitting Last saved today, 1:36pm (AWST)

***Indicates a required field.**

Supporting Information

Before you submit your funding application, make sure you have uploaded the following documents:

Certificate of Incorporation * Attach a file: No files selected.

Letters of Support or Referees * Attach a file: No files selected.

Public Liability Certificate of Currency * Attach a file: No files selected.

Declaration

This **MUST** be completed by the applicant (an eligible incorporated organisation) or the sponsoring organisation.

- I certify that to the best of my knowledge the statements made within this application are true and correct,
- I understand that if the City of Melville approves the grant, I will be required to accept the terms and conditions of the grant as outlined in the letter of approval and Funding Agreement,
- I give permission for the City of Melville to contact any persons or organisations in the assessment of the application and understand that information may be provided to other agencies, as appropriate.

We agree * Yes No [Clear](#)

Certification must be agreed to by two representatives of the Applicant Organisation

Authorizing Officer *

Title	First Name	Last Name
Mr	Taylor	Winning

The declaration must be made by the person legally able to enter into contracts on behalf of the organisation

Position *

Date * Must be a date

Privacy Notice

In compliance with the *Information Privacy Act 2009* (the Act) personal information on this form may be stored in City of Melville's records database and may also be used for statistical research, information provision and evaluation of services. Your personal information may be provided to the financial institution which handles City of Melville's financial transactions and may be disclosed to other agencies and third parties for purposes related to this application and/or monitoring compliance with the Act. Except in these circumstances, personal information will only be disclosed to third parties with your consent unless otherwise required or authorised by law.

You are now coming to the end of your application process and before you **REVIEW** and click the **SUBMIT** button please take a few moments to provide some feedback.

We would value any feedback you may have regarding our online grants application process.

Please indicate how you found the online application process: *

Easy Neither Difficult [Clear](#)

Please provide us with any improvements and/or additions to the application process/form that you think we need to consider:

No more than 100 words.

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Resource Directory Feedback Form

Your feedback regarding these services is an invaluable insight to assisting continual attention to quality. Please be honest with all aspects so that we can ensure only the best services for young people within the City of Melville.

Name (Optional)

School/Institution (Optional)

Service(s) accessed

Would you book this service again for your school/institution?

Would you recommend this service to other schools/institutions?

How easy was the service to book? Did the service accommodate any special requests?

If there were fees associated with the delivery of the workshop/program, do you consider the fees appropriate for what was delivered?

If you made use of City of Melville grants to access the service, how easy would you say the grant application process was? Do you have any further comments about the process?

Do you have any suggestions for areas/services to be included in future iterations of the directory?

Other points you would like to make about the services or directory?

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Western Australian
AIDS COUNCIL



City of Melville
Social Resource Directory
Revision current as of Wednesday, 23 January 2019