

Hi! we're the RED FROGS.



OUR STORY

It all started in 1997 when founder Andy Gourley saw a need to look out for young people at Schoolies celebrations - hitting the streets of the Gold Coast with his skateboarding mates armed with a small team and even smaller red lollies, they started simple - offering kindness one person at a time. Watch the true story here!



Over the years, what started as small acts of care grew into a nationwide movement. Today, Red Frogs makes a big splash through small, meaningful actions - whether it's a chat, a pancake, or a frog-shaped lolly, fostering lasting relationships that has big impact for thousands of young Australians.

OUR PURPOSE

To reduce suffering and **SAFEGUARD** a generation of young people, acting as a positive peer presence to **EMPOWER** them to make **Positive** life choices and become a voice of change within their **CULTURE**.

SNAPSHOT

Every young person deserves to feel safe and like they truly belong. That's why Red Frogs is all about having their backs when they need it most. Festivals, Schoolies, uni events - you'll find us there, ready with a friendly face, a helping hand, and maybe even a stack of pancakes. As Australia's largest harm reduction service for youth, our mission is to combat a culture that is largely dominated by alcohol and other substances, often leading to dangerous and life-altering behaviours for young people.



8,621+ hotline calls during schoolies/leavers



\$5.3 million worth of volunteer hours at schoolies/leavers



2.5million+ people reached



100+ festivals & concerts supported



545,000 cups of water handed out



132,728+ students educated on safer partying behaviours, mental health and self-leadership



24 tonnes of allen's red frogs



22,000+ skaters supported



3,500+ volunteers



1,100 high schools hosted education programs



1,900+ uni social events supported



58 major sporting events supported

HIGH SCHOOL EDUCATION LEVEL UP PROGRAM



Inspires students to build confidence in who they are, discover their purpose in life and strengthen resilience.

'Level Up' is an interactive and inspiring presentation designed to help students build confidence, discover purpose, and strengthen resilience — in a way that is real, relevant, and empowering. Through engaging activities and honest conversations, this session creates a space for students to reflect on their story, identify what drives them, and learn how to bounce back from challenges. It's not about having it all figured out — it's about choosing to take one step forward, even when life feels hard. By the end of the session, students will walk away with practical tools for their mental, emotional, and social wellbeing — and the belief that who they are matters. A new level unlocked.

In a world full of pressure, comparison, and constant noise, it's never been more important for young people to know who they are and what they stand for.

TOPICS INCLUDE:

- Introduction to self-worth, value and uniqueness
- Discussion on the unrealistic standards and expectations set by society and media
- Managing peer pressure and comparison
- Evidence-based strategies students can apply immediately to build confidence, strengthen resilience and discover purpose

PROGRAM DETAILS:

'Level Up' builds Personal and Social Capability (AC9P8PS01, AC9P10PS02), Critical and Creative Thinking (AC9CCT10CT01), and Ethical Understanding (AC9EU8EU01) skills, plus Health and Physical Education outcomes (AC9HP8P01, AC9HP10P04), empowering teens across Years 7-12

Running time:
To get the most out of this program we recommend allowing at least 1 hour.

Interactive format:
Videos, activities and targeted questions.