

# IDENTITY PROGRAM



**This program aims to leave your students encouraged about who they are, and give them tools for self-confidence, resilience and purpose.**

## **STUDENTS WILL LEAVE FEELING ENCOURAGED AND EXCITED ABOUT WHO THEY ARE AND THEIR FUTURE.**

Red Frogs exists to safeguard young people from engaging in behaviours that could harm them and hinder their future. We believe that an effective way of doing this is by educating and encouraging them that they have inherent worth and value. Focusing on "confidence", "resilience" and "purpose", through practical activities, video and personal testimonies, this program equips students with tools to make positive choices. Students will leave feeling encouraged and excited about who they are and the future ahead of them.

## **TOPICS INCLUDE:**

- Introduction to "identity" including self-worth, value and uniqueness
- Discussion on the unrealistic standards and expectations set by society and media
- Managing peer pressure and comparison
- Tools to gain a greater confidence, resilience and purpose

## **PROGRAM DETAILS:**

Audience: Year 7-12 students

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

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Interactive format using videos, activities and targeted questions.

To make a booking or quote enquiry  
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