

LIFE AFTER SCHOOL PROGRAM



This program equips your students as they prepare for the changes and choices they will face once they leave school.

PREPARING STUDENTS PRACTICALLY AND MENTALLY FOR WHAT HAPPENS AFTER YR 12.

We see a huge need to support young people as they prepare for the changes and choices they will face once they leave school. Regardless of their chosen career path, students finishing school face major changes that go beyond just having a new occupation. Our presenters will cover some practical aspects of surviving newfound independence (such as budgeting, moving out of home and owning a car), and also examine the impact that major change has on mental health.

TOPICS INCLUDE:

- Purpose and direction for your future
- Choices and staying true to yourself
- Responsibilities and expectations
- Changes to living arrangements
- How to manage social relations
- How to manage mental health
- Useful tools and safeguards for coping with change which students can begin practising now.

PROGRAM DETAILS:

Audience: Years 11-12

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

Interactive format using videos and targeted questions.

To make a booking or quote enquiry
email education@redfrogs.com.au