

LEVEL UP PROGRAM



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

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.

'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.

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 using engaging activities, videos and thought provoking discussions.

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