

FEARLESS Future

Fearless Future is an introductory well-being program that has been developed with young women in the ACT. It uses a gendered approach and local, national and international resources to provide girls and young women with the knowledge and skills they need to help address the challenges they face in every day life.

During the 50-minute session students will be introduced to research data that relates to their specific cohort, from Years 5 to 10. It will explore strategies for building self awareness, self esteem and confidence.

The aim of the session is to provide girls with the knowledge and skills they need to address the challenges they face in everyday life.

KEY CONCEPTS

- You are not alone; everyone goes through tough times
- It's OK not to be OK all the time
- Seek help - speak up if you are not comfortable; trust your gut
- Give help - speak up and support your friends.

LEARNING INTENTIONS

Students will:

- Recall and apply the Fearless Women research data to their own lived experience
- Differentiate between positive and negative emotions and examine what might cause them, including social media and bullying
- Reflect on personal strengths/qualities
- Consider a response to bullying: for themselves and for others
- Identify and create a support network for themselves
- Know how to support someone who reaches out for support.

SUCCESS CRITERIA

Students will be able to:

- Articulate their own thoughts and feelings on what causes them moments of anxiety and self-doubt
- Participate actively in the discussion as individuals and groups
- Listen without judgement; act with kindness
- Contribute strategies and solutions of their design
- Identify situations where they may need to seek help
- Identify situations where they could give support to peers.

The program links to the following Australian Curriculum areas: HPE, General Capabilities, Personal and Social capabilities, Ethical Understanding and Creative and Critical Capabilities.

Fearless Women does not charge a fee for its services to the community.

To learn more about Fearless Future, or book a session please contact admin@fearlesswomen.org.au or visit our website at fearlesswomen.org.au

