

# Stay ChatTY Schools Program

## Expression of Interest Information for Schools

### Introduction



The **Stay ChatTY Schools Program** aims to increase young people's awareness, knowledge, confidence and skills in relation to mental health matters, enabling them to help themselves and their peers maintain positive mental health and to seek help when needed.

As part of its approach to supporting student wellbeing, the Tasmanian Government has provided a grant to Stay ChatTY to help it deliver its Schools Program in Government schools across the state. Speak Up! Stay ChatTY is a not for profit organisation that works to prevent suicide by reducing stigma and encouraging people to seek help when they need it. The charity was established by Mitch McPherson, following the loss of his brother in 2013. The Stay ChatTY Schools Program was developed in 2016 in partnership with Relationships Australia Tasmania, thanks to a grant from the Tasmanian Community Fund.

An expression of interest process has been opened so that the Government can make sure the program reaches schools in the best possible way and meets the needs of students. This will also help Stay ChatTY organise sessions for a much higher number of schools across all parts of Tasmania. Teachers should be aware that their role in these sessions is as an observer only.

There is no cost to your school to participate in the Stay ChatTY Schools Program.

## What is the Stay ChatTY Schools Program?

The Stay ChatTY Schools Program aims to increase young people's awareness, knowledge, confidence and skills in relation to mental health matters, enabling them to help themselves and their peers maintain positive mental health and to seek help when needed. It encourages students to think about what they currently do to look after their bodies and minds.

There is some discussion of suicide awareness and prevention. Given the sensitive nature of this topic, and the possible impact on some schools and communities, schools should consider ahead of applying.

More information about Stay ChatTY is available at [www.staychatty.com.au](http://www.staychatty.com.au)

## Are you eligible?

All schools that offer Years 9, 10, 11 or 12 are eligible through this process. Even if your school has had a Stay ChatTY presentation in the past, you can still submit an Expression of Interest.

As the program material deals with sensitive subject matter, the Schools Program is not suitable for younger students.



## Requirements for schools

There are some requirements you will need to be aware of, and agree to, as part of the Expression of Interest process. These have been carefully considered to support students have these conversations in a safe and supported way.

Before submitting an Expression of Interest, you will need to think about how the program will be incorporated into school lesson plans, including ongoing learning about mental health and wellbeing through the Health and Physical Education stream of the Australian Curriculum. This is because best practice when having these types of sensitive discussions within schools is to avoid a 'one-off' conversation or intervention.



The school principal and school support team (such as the school psychologist, social worker or school health nurse if your school has one) must endorse the application. They must consider whether there are any issues within your school community, or for individual students, that should be taken into account. This helps identify and support vulnerable students that may not be able to participate because of their individual circumstances.

A teacher session must be provided before a student session is held, but this can be just one session per school. Attendees at the teacher session must include at least one representative of the school support team. Schools are encouraged to also have their Health and Physical Education teachers present at the session. Stay ChatTY can also host a parent session at the school as well.

At least one member of the school support team must be present at any student, staff or parent sessions (School Psychologist, Social Worker or School Health Nurse). This helps staff respond to any issues that may arise.

Sessions are to be limited to a maximum of 30 students, unless you agree a different approach with Stay ChaTY ahead of time, but only for limited circumstance. Sessions must not happen as part of school assemblies.

This helps the presenter monitor how the session is going and identify any students that might be struggling with the material. A Relationships Australia facilitator will be at the sessions but there must also be a school representative present at all times. It is preferable that this is a member of the school support team. The teacher's role in the session is as an observer.

Stay ChatTY will help your school with obtaining parental consent ahead of the student sessions.

## Expression of Interest process

Expressions of Interest are now open.

To run a Stay ChatTY Schools Program session in your school, you will now need to submit a completed Expression of Interest form. This helps us report back on how this budget funding has been delivered.

## How to apply

Fill in the details on Application Form and email back to your Learning Services office.

- [Learning.Services.NR@education.tas.gov.au](mailto:Learning.Services.NR@education.tas.gov.au)
- [Learning.Services.S@education.tas.gov.au](mailto:Learning.Services.S@education.tas.gov.au)

If you have any questions about the process, the Learning Services team is available to help. Please contact either Tamika Ross on 0408 536 094 (Learning Services South), or Amanda Buchanan on 0417 353 386 (Learning Services North).

Once Learning Service receives your application, Stay ChatTY will contact your school to schedule a suitable time and finalise arrangements.

