

# SPEAK UP! Stay ChatTY SCHOOLS PROGRAM

The Stay ChatTY Schools Program sessions are designed to strengthen participants awareness of mental health and resilience and build their confidence to achieve positive mental health for themselves and their peers.

## GritFit

GritFit is a free 1.5 hr interactive workshop for up to 30 x Grade 9-12 students, delivered by 2 Stay ChatTY facilitators.

- **Mental health:**

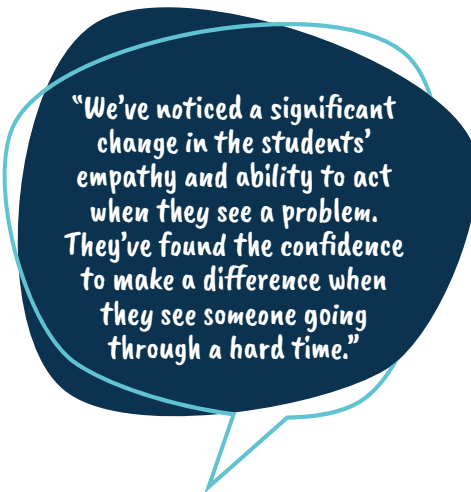
- holistic mental wellbeing
- ways to identify and express emotions
- removing stigma associated with mental illness.

- **GRIT:**

- lived experience narratives
- building social supports, inner strengths, coping strategies, informal supports, and professional services
- developing resilience factors, emotional awareness, and identifying self-care and help-seeking strategies.

- **Kindness culture:**

- emphasizes the importance of everyday connections and the significance of our interactions with those around us
- provides an interactive opportunity for students to practice kindness.



*"We've noticed a significant change in the students' empathy and ability to act when they see a problem. They've found the confidence to make a difference when they see someone going through a hard time."*

## GritFit+

GritFit+ is a free 1 hr session for teachers, support staff and parents, held prior to student sessions.

- person-centred approach to supporting teenagers
- referral pathways, classroom development and strategies for recognising mental health issues
- identification of self-regulation complexities
- methodology grounded in empathy and an understanding of individual needs
- acknowledges the complexities of student wellbeing and the possible impacts on the care giver.