SPEAK UP! Stay ChatTY
SECONDARY 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 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.
- cost per session is $650 + GST.

GritFit UNPACKED

A 1hr presentation designed to inform teachers and support staff of the content being delivered in student sessions.

- deeper explanations around intended outcomes.
- person-centred approach to supporting teenagers.
- cost per session is $200 + GST.

GritFit+

A 1hr Professional learning session for teachers and support staff aimed at creating a deeper internalised focus on our own lived experience and pedagogical approaches.

- grounded in evidence based and trauma informed practice.
- acknowledges the complexities of student wellbeing and the possible impacts on the care giver.
- team focused learnings designed to foster trust and communication among colleagues.
- cost per session is $650 + GST.

Schools engaging with GritFit student sessions for the first time, must host a GritFit UNPACKED or GritFit+ staff presentation in conjunction with these sessions.

A staff session must be delivered once every 3 years with schools who continue engagement.

SPEAK UP! Stay ChatTY | Schools Program