

SHUT THE DUCK UP

Equip secondary school students with strategies to reflect on stress and pressure and learn how to effectively navigate them.

HOW IT WORKS

Shut the Duck Up helps young people understand that the way they think and feel about their issues significantly determines how they will address them. By educating young people in common types of faulty thinking and new ways of proactively navigating pressure situations, small issues can be dealt with quickly and effectively.

It is often the case that faulty thinking and negative self-talk lead to young people to not being able to manage daily stressors, that then become bigger than they needed to be.

Shut the Duck Up takes students through a very effective strategy to label their pressure situation, the faulty thinking associated with it and how it affects them physically.

Shut the Duck Up is a great program for schools looking to support secondary school students to better navigate those day-to-day mental pressures including during exam preparation.

TESTIMONIALS

"The workshop will help others work on themselves and learn to improve their inner voice and use it when needed."

- Year 11 student

"It was great and provided us with some strategies to deal with problems."

- Year 11 student

STRIDE.
EDUCATION
UPSKILL.EMPOWER.THRIVE.



LEARNING OUTCOMES

Personal and Social Capability

- Recognise Emotions
- Express emotions appropriately
- Develop self-discipline and set goals
- Become confident, resilient and adaptable
- Develop reflective practice

RECOMMENDED FOR...

All secondary school aged students.

BOOK NOW!

Call us on 03 9088 5520
email office@stride.org.au
visit www.stride.org.au