

# SUPPORTIVE FRIENDS 2.0

Explores social connections and how to develop a culture of friendship in schools



## HOW IT WORKS

The program focuses on three aspects of relationships:

- My relationship with myself
- My social self
- My online self

Supportive Friends encourages students to talk about what it means to be a good friend, including the relationship with ourselves. Students learn how to tune in and manage their self-talk and develop a growth mindset.

Students work together to discuss and resolve issues within their groups, through visual references, imaginative tools and role play. This encourages deeper discussions and provides a greater understanding of the learning outcomes.



## TESTIMONIALS

*Many of the students are talking more openly and have appeared to become closer. Skills gained through the Supportive Friends program include increased confidence, connectedness with other students and staff as well as the ability to speak one's own mind and be assertive in a positive way.* - June, School Teacher

*"We are aware that this program has been directly responsible for potentially saving the lives of several young people."*

- School Chaplin

*It is important information that all students should know. I would recommend it to others with a rating of 5/5. Lovely workshop. Thank you.*

- Student Yr 6



## LEARNING OUTCOMES

- Greater self-awareness and emotional management
- Social connection literacy including empathy and active listening skills
- Enhance communication skills, verbal and non-verbal
- Develop confidence in speaking assertively
- Conflict resolution skills
- Digital literacy including online reputation, online connections and developing a healthy and responsible digital footprint



**RECOMMENDED FOR**  
Primary School Students:  
Year levels 4-6  
High School Students:  
Year levels 7-10



## BOOK NOW!

<https://stride.org.au/school-workshop-enquiry-form/>

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