



HOPE HEROES

3-6 hour Help-Seeking Skills Training For Students in Schools

An interactive, multi-faceted learning approach that transfer the help-seeking skills for students in schools.

HELP-SEEKING

HOPE HEROES - HELP-SEEKING SKILLS FOR STUDENTS IN SCHOOLS

HOPE HEROES HAS A 3 HOUR AND 6 HOUR FORMAT TO SUIT STUDENT LEARNING OUTCOMES BY AGE AND ALSO SCHOOL SCHEDULES. DESIGNED TO EQUIP STUDENTS WITH SKILLS TO SEEK HELP FOR THEMSELVES AND ON BEHALF OF THEIR PEERS

Focus: Help-seeking skills

Duration: 3 hour format and 6 hour format

Participants: Primary, Intermediate, College, Tertiary

Trainers: MADD messenger

Developers: 1 Degree Workshops

MADD messenger: International Speaker, uses music, art drama and dynamic communications to deliver safe and inspiring messages of hope.

Focus Topics

1. MADD Messenger presentation on self-acceptance
2. UTALK
3. Emotional expressions
4. Whats in your Bag?
5. Connections
6. Be a help hero!!!

Training Process

- MADD messenger – incorporation of music, art, drama and dynamic story telling techniques that engage our young audiences.
- Interactive learning
- Use of various mediums such as tactile learning, music, art, drama and dance.
- Experienced facilitators to deliver these sessions to students.
- Fun, engaging, hightened learning
- Experienced, registered and specialised trained staff to ensure student safety.

Goals and Objectives

This workshop develops student resilience to effectively get through 'tough times'.
The workshop objectives:

1. Self-acceptance - Students realise how important they are to their communities and how valuable their contributions are.
2. The importance of protecting themselves and having strategies to be able to manage overwhelming, life threatening events such as depression, suicide, self-harm, abuse, rape etc.
3. Identify self-talk that is destructive and ascertain strategies to cope with destructive self-talk.
4. An awareness of events that could impact on them adversely and being aware of their own signs or cries for help
5. Identify who they can connect within their community, whanau, peers, school to be able to access help.
6. As a peer, being alert to someone's cry for help and know how to connect them to someone who can help in the school, community, sports, church etc



safeTALK

CHECKMATE

Suicide First Aid

ASIST

suicide to Hope

HOPE HEROES

ALERTNESS

AWARENESS

INTERVENTION

INTERVENTION

RECOVERY

HELP-SEEKING