



Into Adulthood - A Rite of Passage Journey Year 9 or 10

Rite of Passage Program

In year 9 or 10 we introduce the 12 month Rite of Passage program that acknowledges and celebrates this transitional adolescence period. The content focuses on the role of adults in our communities providing exploratory tools, frameworks, and processes for individuals and the group to consider what being an adult means to them and how to navigate their own pathway to healthy adulthood.

Teachers are provided with resources, activities, and lesson plans to support and facilitate these conversations.

As a support for parents and families during this complex period, this module also includes a parent and child Rite of Passage program so a family can simultaneously provide a parent and child rite of passage experience at home with our tools, processes, conversations, and activities.

This Rite of Passage program can be delivered as a stand-alone program or part of the 7 - 12 SEL program

Into Adulthood – A Social and Emotional Learning Journey

This Rite of Passage year is part of the 12-month, 5-year program, designed to support the development of social and emotional capabilities for students so they can thrive personally and academically, develop healthy adult behaviour, and contribute to a more caring and purposeful world.

Across the high school years, they are provided with opportunities to consider, experience, and reflect on each of the 5 social and emotional capabilities using a mix of online, experiential, and reflective modes of delivery. They will regularly and consistently learn and practice new skills, so they become familiar, and embedded over time.

Teachers are provided with resources, tools, and lesson plans as well as online and face to face training to understand the content and build confidence in the delivery and facilitation of experiential and reflective SEL learning.

The program simultaneously delivers content to parents and families to be a part of their journey so that young people are hearing and seeing the same messages, language, and behaviors in all areas of their life.

This whole of community approach to a PCG or group cohort creates a systems approach to wellbeing that requires a healthy community to support all its members for impactful and group flourishing.

Based on the CASEL model our program sequentially builds on each capability over a 12-month period. Year by year the students, revisit each topic and to build the learning, the challenge and engage each student more deeply and more personally. Across years 7 - 12 the program scaffolds learning development, depth and awareness as the students grow in maturity and capability.

Leadership Program

In years 11 or 12 we add the 12-month, leadership module to explore self-leadership and develop leadership skills, qualities, and competence.

A school can start the program at any year level from 7 through 12. For best impact it is delivered over a 5-year period and continues to build and develop each capability area throughout the high school years.

Term 1	Term 2	Term 3	Term 4
<p>Inspire and Motivate Values and Identity</p>	<p>Passion and Action Emotions and resilience</p>	<p>Commitment Communication, Empathy, and valuing diversity</p>	<p>Transformation Open Mindedness and Leadership</p>
<ul style="list-style-type: none"> • What is a rite of passage? • Differentiating childhood, adolescence, and adulthood • Exploring adulthood, womanhood and manhood in a contemporary world • How are physical and psychological changes affecting me? • What am I leaving behind in childhood and what do I bring with me? • What are my personal values, what do I stand for? • Who are my role models and mentors to guide my path? • How has my identity been created? • What are the things I think, say and do that make me? • A letter to me • What is physical, mental, & emotional self-care? <p>Values: Beliefs: Identity: Exploring Lifeline: Self-care:</p>	<ul style="list-style-type: none"> • What does our community need from an adult? • Who is the adult I am becoming? • How does an adult behave? • How am I influenced to compete with and compare myself to other? • Where in my body do I experience my emotions? • How do they affect my behaviour? • How do I manage my emotions and my choices? • What are my gifts and genius? • What are the challenges I am facing? • Where is the line between challenging myself and doing something dangerous? • How do I know what is the 'right thing to do', and what makes it so hard? • What is physical, mental, & emotional self-care? <p>Character strengths: Understanding emotions: Growing Resilience: Self-care:</p>	<ul style="list-style-type: none"> • What are my healthy relationships going to look like? • How do we grow them? • How are my relationships changing and what do I want them to look like? • What are the benefits of inclusivity and diversity? • What gives us power, and where do we see powerlessness in our community? • How does gender inequality look and feel, and what has it got to do with me? • Where in our lives could having our focus on others make a difference? • How might I generate my own reliable source of happiness? • What people will I keep around to influence and inspire me? • What do I take responsibility for? • How do I make amends for the mistakes I make? • What stops me being proactive about my Physical and mental health? <p>Communication skills: Building empathy: Valuing diversity: Self-care:</p>	<ul style="list-style-type: none"> • Who is the adult I am becoming? • Developing powerful self-belief • Standing up for what I believe in • Setting personal goals for my vision of the future. • What will get in my way? • How will I be in service to others? • How will I be seen by my community? • What am I grateful for? • As we become young adults, what do I want to stop doing, keep doing and start doing? • Honouring the gifts in me and my peers <p>Developing a growth mindset: Leadership skills: Goal setting: Self-care:</p>

INTO ADULTHOOD: A WHOLE SCHOOL APPROACH - PROGRAM OVERVIEW

A SOCIAL & EMOTIONAL JOURNEY

Activity/Events	Term 1	Term 2	Term 3	Term 4
Whole school teacher engagement workshop	●			
Parent information and engagement workshop	●			
2-day Teacher CPD	●			
Face to Face student workshop 1/2 day Connection	●	●		●
Face to Face student workshop 1/2 day Into Adulthood	●	●		●
Year 9 Student "Calling In" Whole of community event	●			
Into Adulthood Journey style camp 3 days 2 nights			●	
Online Educator Program and Resources	Module 1 ●	Module 2 ●	Module 3 ●	Module 4 ●
Online Student Program and Resources	●	●	●	●
Online Parent Program and Resources	●	●	●	●
Year 9 Student "Homecoming" Whole of community event				●