



# YOUTH STREET SMART SAFETY & WELL-BEING

## Overview: How to be resourceful in an emergency and mental health awareness

Teaching our youth to be resourceful in a first aid emergency. They will also learn to recognize mental health issues, support others, and strategies to build self-regulation and resilience. Interactive, engaging and packed with useful tools.

### Program inclusions

#### Section 1 - "Street Smart First Aid"

An honest and age appropriate overview and discussion regarding the injuries and first aid emergencies that may occur when a group of friends get together. We want to empower our young people with the skills and confidence to be resourceful and stop a bleed with literally the shirt off their back! *This is a practical session using random items such as tea towels, shirts, football socks, water bottles and even spoons to manage first aid emergencies.*

#### Section 2 - Mental Health Awareness

An overview of the mental health issues that may be affecting people in their community and how to approach someone requiring assistance using our simple AHA approach. Students will learn the language to support a friend and understand the steps for seeking help. A list of services who provide help and support will be provided.

#### Section 3 - Self resilience and Self-care section

Students will learn how to regulate their nervous system. This is not a 'you should' program the students will actually 'feel' the benefits of the strategies we are teaching in the course through the experiential process. We teach simple and effective techniques that they can use to calm their nervous system in a time of crisis or overwhelm.

We finish this section with a "Perfect Exam Day" visualisation teaching them the basic human universal needs and how they can apply this to other aspects of their life.

### Who is this program for?

**Youth: Years 7 to 11**

Junior: Kindy - Year 6

Schoolies: Year 12

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## OUR PROGRAM SUCCESS

24.5%

Confidence  
in this topic  
prior to our  
program

92%

Confidence  
in this topic  
after our  
program



For the past 3 years and booked again for this year F.A.S.T. First Aid Training has presented the 'Street Smart Safety and Well-being' Program to our Year 10 cohort during our Be Confident week. Our students have found value in learning 'real world' strategies and how to be resourceful in the event of a first aid emergency. Equipping our students with the ability to offer aid to someone experiencing mental health concerns and enhance their own mental well-being is a priority to us. The program aligns with our school values, is age appropriate, engaging and the feedback is very positive from the students.

Dr Leigh Hobart, Deputy Headmaster Academic Performance  
and Innovation P-12  
Brisbane Boys College



## Program Benefits

- Life skills in First Aid Management
- Learn how to identify, support and assist someone with Mental Health concerns.
- Learn how to manage their Mental Health
- Strategies to regulate their nervous system, reduce stress response and anxiety.
- Learn self soothing techniques to balance parasympathetic and sympathetic nervous system
- Resilience Strategies
- Visualisation Techniques

## What makes this program different?

- This program is not about what you 'should' or shouldn't do, it teaches them skills and strategies to cope when things do go wrong.
- Small groups for maximum engagement
- Fun, engaging and hands on delivery, students will experience using different techniques.
- 60 - 90 minute program
- Accredited and non accredited courses available.
- Program can be adapted to include topics that are specifically impacting your cohort.

## Find out more

[www.fasttrainingaustralia.com.au](http://www.fasttrainingaustralia.com.au)  
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