

BRiTA Futures

Primary school aged children program outline

Building resilience in transcultural Australians

Aims of the session		
1	Resilience in our multicultural classroom	<ul style="list-style-type: none"> To introduce the concept of culture To introduce the concept of resilience To relate resilience to major life changes such as migration and acculturation
2	Cultural identity and life experience: Making me who I am	<ul style="list-style-type: none"> To understand and appreciate similarities and differences across cultures To gain an understanding of personal strengths derived from culture and life experience
3	Building empowerment: Self-talk and self-esteem	<ul style="list-style-type: none"> To learn about how habits shape our thoughts, feelings, and beliefs about ourselves. To learn new culturally appropriate strategies for building self-esteem and managing self-talk
4	Building social competencies: Understanding cross-cultural communication	<ul style="list-style-type: none"> To learn about ways emotions are expressed across cultural groups To learn skills for building positive cross-cultural relationships To be able to recognise and express feelings appropriately and learn skills to manage difficult feelings To develop an optimistic outlook
5	Social competencies: Resolving conflict and coping with challenges	<ul style="list-style-type: none"> To introduce the communication process and different styles of communicating (passive, aggressive and assertive) To gain an understanding of the nature of conflict, stages of conflict and conflict triggers To understand how cultural factors contribute to conflict, and explore ways to resolve these

Metro South Addiction and Mental Health Services

Aims of the session		
6	Making life fun: Beat stress and build optimism	<ul style="list-style-type: none"> • To understand stress and its effects • To build skills for coping with stressful life events • To learn about the value of humour and laughter • To understand the concept of optimism and how to apply it to stress management
7	Family and friends: Staying strong with positive relationships	<ul style="list-style-type: none"> • To explore ways in which we are influenced by family patterns of communication and family traditions • To build strategies for establishing peer networks across cultures • To learn about “community” and finding one’s place
8	Bouncing back after hard knocks: How to stay resilient throughout life	<ul style="list-style-type: none"> • To identify sources of strength, such as spirituality and rituals • To begin to look at decision making and how values influence this • To further develop an understanding of resilience and ways to build it • To review the learning and skills gained throughout the program