

The Educator Team

The Developing Healthy Relationships educators bring life experience and passion to their work with young adults. The educators appreciate the fact that strong relationships are the cornerstones of happy lives. To this end, they enthusiastically embrace the particular areas of interest of each group to shape the program into a meaningful experience for the students. The real life scenarios help students to appreciate how useful these skills can be in their everyday lives.



Glenn Manton – guest presenter

Glenn Manton is a philanthropist, activist, performer, athlete, author and teacher. Glenn blends honesty and insight with humour to create a fun and enjoyable learning environment. The richness of Glenn's media and public speaking experience together with his years of working directly with youth, present a wonderful 'real life' learning experience for students.

The Developing Healthy Relationships Program in schools is one of the many services offered by Centacare Catholic Family Services.

Other services for schools are:

- School Counselling Unit
- Cool2b@school School Refusal Program
- Professional Development for Teachers
- Seasons Loss and Grief Program
- Parent Education
- Family Resource Office
- Family Week

Services are available to Government, Independent and Catholic schools.

Centacare strives to maintain the dignity of each person and family in all their diversity. Everyone's culture, religious beliefs and personal values are respected.

For further information or a tailored quote to run the Developing Healthy Relationships Program in your school, please contact:

Marriage and Relationship Education Unit
PO Box 196, East Melbourne 8002
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Centacare seeks to serve the community in all its diversity. See our web site at www.centacaremelbourne.org to read our Mission Statement and learn more about our wide range of professionally delivered programs/services and locations in Melbourne, Geelong and surrounding areas.

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Developing Healthy Relationships



This program offers dynamic sessions for Years 11 and 12 students in all schools. The sessions help students explore their own relationship strengths, challenge male/female relationship myths and develop strategies and skills for proactive life giving relationships.



The Developing Healthy Relationships Program can be tailored to your group size, needs and time requirements from the following modules:

- exploring what a healthy relationship looks like
- what we have learnt about relationships while growing up
- what we learn from the media
- challenges for men/challenges for women
- dealing with differences
- exploring myths about relationships
- personal identification of relationship strengths and challenges
- strategies for proactive, life giving relationships
- 'I am woman'
- 'Dealing with stress'

Program length may vary from one and a half hours to one day. Sessions may include presentations to the large group, small group discussions and time for personal reflection and writing.

WE HAVE MANY RELATIONSHIPS IN LIFE.



WE ALL DESERVE GREAT RELATIONSHIPS.

'Developing Healthy Relationships' provides students with the opportunity to broaden their understanding of themselves and others.

Our relationships with parents, siblings and other family members impact greatly on who we are today. As we become adults, family relationships change – many find this challenging as new roles, responsibilities and expectations evolve. **How do we best manage these changes while maintaining the connections?**

The relationship we have with ourselves impacts on all our other relationships. **How can I be authentic?**

Our friends are the ones we get together with to have fun. They are our support network. Friends can come and go through life, depending on where we're at emotionally, physically, socially and spiritually. Good friendships contribute greatly to our life satisfaction.

What makes a good friend?

Our girlfriends or boyfriends may share our personal thoughts and experiences. Though marriage is a long way off, who we are and what we learn in these early relationships impacts on our expectations and how we build future relationships. **How do we become good partners?**

Work or further study is not far away. The safety of the school environment – the people and expectations we have long known – will soon be memories. New relationships will form all around us. **What do we bring to these relationships?**

"The day was hilarious. I've never laughed so much and been impacted so deeply on any reflection day before. It was the best reflection day ever." – Student

"Makes you think about what your life can bring without expecting it. Makes you realise that everything you do may reflect the future." – Student

"Sharing of personal experiences gave the audience a realistic understanding – authentic." – Teacher

"Pitched to the right level. Students were very engaged and the team was able to keep them focused." – Teacher

"...The whole thing was really good. The best stupid seminar that we have been forced to go to. Well worth it." – Student