



Into Adulthood A Whole School Approach.

Our 12 months program takes students on a journey with their peers, their families, and teachers to get to know WHO they are and who they are becoming as they:

- Disconnect from technology
- Deepen their sense of self
- Connect more deeply with their peers
- Build healthy relationships and a safe community
- Share their challenges and support others
- Have conversations that matter to them
- Get clear about their strengths
- Improve resilience and grit
- Feel a strong sense of purpose
- Feel positive about the future
- Spend time in nature
- Develop self-care practices and strategies
- Consider the adult they want to become and what may get in the way



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Our whole of community approach includes:

- ✓ Initial consultation to map the program to your school
- ✓ Dedicated program manager
- ✓ Teacher training and resources (CPD) 12-month ongoing consultation and support
- ✓ Classroom resources
- ✓ Parent Information night
- ✓ 3 x full day face to face student workshops
- ✓ A Rite of Passage camp or expedition
- ✓ 2 whole of school evening events
- ✓ 6 monthly program reviews

Everything we do at AdventureWorks is about supporting, guiding, and celebrating our young people to experience a positive transition INTO ADULTHOOD.

AdventureWorks has been working with young people in schools and out in nature for over 25 years.

We see the brilliance in each young person, but we also see the changing landscape.

We know our young people today are facing a range of challenges and their mental health is suffering.

This is not a one-off experience.

Our approach to health and wellbeing builds and scaffolds in the same way we learn maths or English Students learn, practice, reflect and build their self-awareness and develop selfcare practices, embodying social and emotional capabilities.

After all, we won't learn resilience in 3 hours, we learn it by consistent experience and practice over time.



Mapping across health, SEL and positive education, outcomes it can also weave through the school to achieve curriculum outcomes.

How this supports your school:

- ✓ Develops teachers' skills and capabilities to teach SEL
- ✓ Provides CPD for teachers
- ✓ Builds self-care and reflection for educators and parents
- ✓ Maps to the health curriculum
- ✓ Maps to the general capabilities
- ✓ Maps across the 5 Social and Emotional capabilities of CASEL
- ✓ Uses Positive education resources and tools
- ✓ Uses a Contemporary Rite of Passage Framework
- ✓ Creates a whole of community approach to wellbeing.