



Stepping Stones



A Partnership project between

Anglicare WA



Armadale

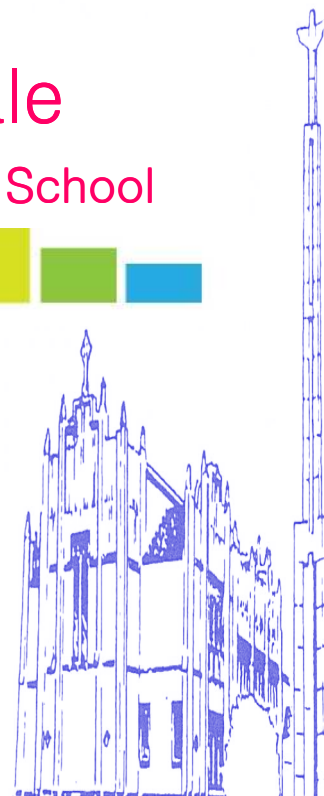
Senior High School



and

St Mary's Church

in the Anglican Parish
of South Perth.





Stepping Stones

Building Emotional Resilience through Education



What is Stepping Stones?

Stepping Stones is a program aimed at addressing the social skills required to build healthy relationships amongst children and young people. The program is designed to be implemented as part of the school curriculum and covers topics and issues within the current curriculum framework.

Stepping Stones aims to provide children and young people with skills and knowledge that may assist them to manage various relationships and interpersonal situations. The program offers a forum for students to have the opportunity to share everyday experiences in a safe environment and use these experiences to learn and practice new skills to cope with life and relationships.

The Anglicare Stepping Stones program is focused on helping children through the different stages of development by giving children the skills to deal with common issues such as life changes, relationships and family issues.

The course covers topics such as

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|---------------------|-----------------------|
| Self-esteem | Anger Management |
| Conflict Resolution | Stress |
| Emotions | Healthy Relationships |
| Transition | Communication |
| Safety | Support Networks |
| Trust | |



Why a School-Based Programme?

Schools are the easiest place to get children the support they need when it is not possible to get it from their family. Teaching the entire class means that students will have a support system with their peers that have all learned the same skills.

Whilst there are many school based programs available, the point of difference of Stepping Stones is that it is delivered by qualified child and youth counsellors who have specialist skills and expertise in working with children and young people. This allows them to not only meet the emotional and social needs of the all children and young people in the group but assist them to identify those children considered most at risk by supporting them with additional counselling and referral to other services.

The significance of this is that the most vulnerable members of our community are identified and supported at an early age.

This is especially so at Armadale, where the Stepping Stones programme is managed and conducted out of the local Anglicare office. Students who are identified as having particular needs are able to be referred quickly and easily to appropriate programmes that are available in the immediate Armadale vicinity.

Why Armadale Senior High School?

Armadale Senior High School is a large regional school which draws from a wide area and educates young people from disparate backgrounds and situations. There are a number of social and economic issues found in this region which obviously impact on some students who attend Armadale SHS. Those students who are caught up in these situations could be considered “at risk”. So, while all the students in the Stepping Stones class benefit from learning about personal and social skills, students who are finding life challenging can gain even more from the program.



Training Young People to be Resilient.

Children and young people who are resilient are more able to cope with stressful situations and transitions in life. If children are resilient then they are more likely to be able to handle the situation in a capable way. A child who does not have the capacity for resiliency is likely to struggle with issues that arise in their life and for some this means the risk of antisocial behaviour and underachievement. These sorts of problems which develop in younger years, if left unaddressed, can influence them for many years.

Stepping Stones has a proven record in helping children and young people develop their sense of self and their emotional and social skills. It is an important investment in students and their future.

The Partnership

In our partnership with Anglicare, our parish will be providing funding for the Stepping Stones program to be a positive influence on the lives of young people within the Armadale Senior High School community.

Stepping Stones has already been run in the school for a number of years, but the government funding that enabled that work has now ceased. Our initial commitment to the programme will see the parish continue to fund intervention at the school until the end of 2015. It is expected that this commitment will result in a profound impact on the health and wellbeing of the school community, and so on the community of Armadale as a whole.

Funding

The project will be funded through the outreach budget of our parish. The Anglicare collection each Sunday will also be devoted to the project.

Individual donations can be tax-deductable. Donation forms are available at the rear of the church.

