

# FAQS FOR PARENTS



## 1. HOW WILL A REACH WORKSHOP HELP MY YOUNG PERSON?

Our workshops, above all else are designed to be safe, non-judgemental and supportive spaces where participants, under the guidance of trained crew and wellbeing professionals (psychologist, social worker or counsellor), explore who they are and who they want to be.

The workshops aim to improve the wellbeing of young people.

## 2. HOW DO YOU KNOW REACH WORKSHOPS IMPROVE WELLBEING?

We believe it's important to evaluate our workshops to ensure that they are effective. Recent research has indicated that young people who participate in our workshops have an improved sense of life meaning and engagement.

Following a Reach workshop, young people report enhanced levels of self-awareness and optimism, and the ability to build deeper, more meaningful connections, improved emotional and social skills, and positive wellbeing strategies.

## 3. WHO ATTENDS REACH WORKSHOPS?

Reach workshops and camps are for all young people aged between 13-17.

## 4. WHO DELIVERS THE WORKSHOPS?

The Reach crew.

The crew who design and deliver our workshops have been involved with Reach for five years or longer. They are extensively trained to create dynamic and safe spaces for young people to share and explore who they are and what is important to them.

All of the crew who run our workshops (as well as the other adults supporting workshops) undergo and pass a Working with Children Check.

## 5. HOW ARE THE CREW TRAINED?

To fulfil the important role of developing and delivering workshops that inspire other young people, our talented crew participate in the Leadership Development program. In this program, they are guided, supported, trained and mentored to deliver workshops and fulfil their own potential.

The Leadership Development program, guided by our values and aligned with the aims of our workshops, features five streams:

1. Facilitation training is a comprehensive, theoretical and experiential training program intended to build the skills required to become a Reach Facilitator.
2. Workshop training consists of tailored modules that explain the principles, aims, and objectives of each workshop, and the theory and practice that underpins our workshop design. This training integrates facilitation skills in the delivery of workshop themes and messages. Workshop Trainers also provide "on the job" training and practical guidance to crew.

3. External development involves a series of externally sourced training opportunities where crew can extend areas of interest, develop skills outside of the Reach environment, and bring new knowledge into the organisation and workshops.
4. Advanced skills training feature specialist workshops to increase the crew understanding of some of the complex wellbeing issues that young people face. These workshops are developed by, or in consultation with, the social workers and psychologists in the Services Team.
5. Professional skills training consists of a workshop series designed for the organisation to ensure Reach workshops are delivered in a safe and professional environment.

## **6. WHAT WORKSHOPS DOES REACH DELIVER FOR YOUNG PEOPLE?**

We run workshops for young people within schools and in the community. Our community workshops include:

- Fused (VIC & NSW): a series of workshops that runs over 5 weeks (after school) during the school term. Fused is open to any young person aged 13 to 17.
- Weekends Away (VIC & NSW): a weekend camp usually during the school holiday period. Weekends are open to any young person aged 13 to 17.
- Grounded (VIC): is for young people who are at risk of, or are disengaged from the school, their families and or their peer group. It is a two day workshop, delivered during the day within the school term.

## **7. WHAT SUPPORT IS AVAILABLE FOR MY YOUNG PERSON AFTER A WORKSHOP?**

Reach provides a safe and supportive environment to all young people who participate in our workshops.

Medical and Consent Form must be completed for each participant prior to all Reach Workshops. The information provided is reviewed by the Wellbeing Team, as part of a pre-workshop assessment. The purpose of this assessment is to ensure that young people have the supports in place they need to fully benefit from the Reach experience.

There is a Wellbeing Professional (i.e. a social worker, counsellor or psychologist) at all of our community workshops. The Wellbeing Professional is available to provide support and follow up referrals to individual young people as required. The Reach Wellbeing team work in partnership with a young person's current support network.

## **8. HOW CAN I SUPPORT MY YOUNG PERSON FOLLOWING A REACH WORKSHOP?**

Reach workshops provide an opportunity for young people to share what is important and meaningful to them. This process of sharing can help a young person feel less alone, as they realise that other young people in the group feel the same way. It can also serve as an opportunity to think differently and consider other perspectives.

## **9. WHAT ARE THE BOUNDARIES FOR PARTICIPANTS AND CREW?**

Young people working with young people creates a safe, non-judgemental environment where honesty and authenticity can thrive. For some parents this raises concern about behaviour and what their young person is given permission to participate in.

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The Reach Code of Conduct details the expectations regarding the nature of relationships that are developed and maintained between young people participating in workshops and Reach staff, volunteers and crew. As a part of induction and training, all Reach staff, volunteers and crew are briefed of these expectations.

Young people are encouraged to engage with Reach crew through regulated mediums such as our Reach Facebook, Instagram or Twitter accounts.

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The Reach Foundation | ABN 87 069 837 627  
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