

Positive Lifestyle Program

FOR HIGH SCHOOL



Evaluation Report

Self-Awareness *Decision-making*

Feelings & Emotions *Anger*



Self-esteem Assertiveness

Relationships *Setting goals*

INTRODUCTION

Two years ago, the Positive Lifestyle Program (PLP) for High Schools program was released.

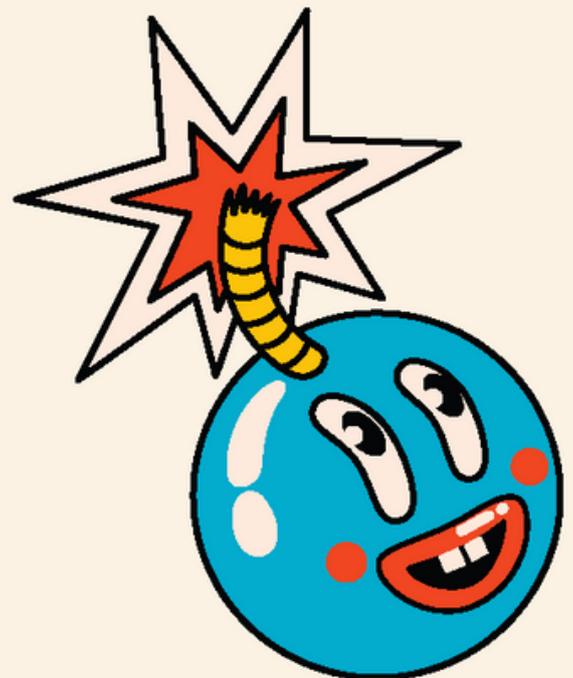
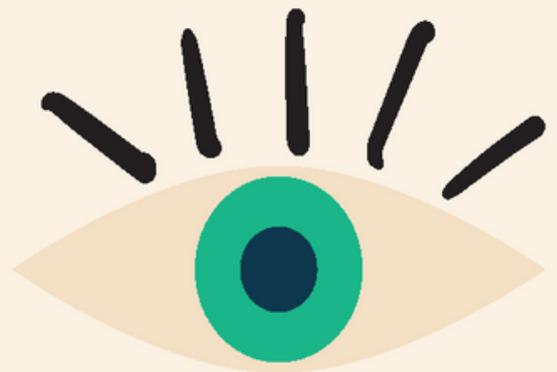
PLP) For High Schools is a personal development program for teenagers. It is designed to be run in small group settings in high schools.

The material uses activity-based learning and reflective pedagogy to help young people grow their self-awareness and develop their life skills.

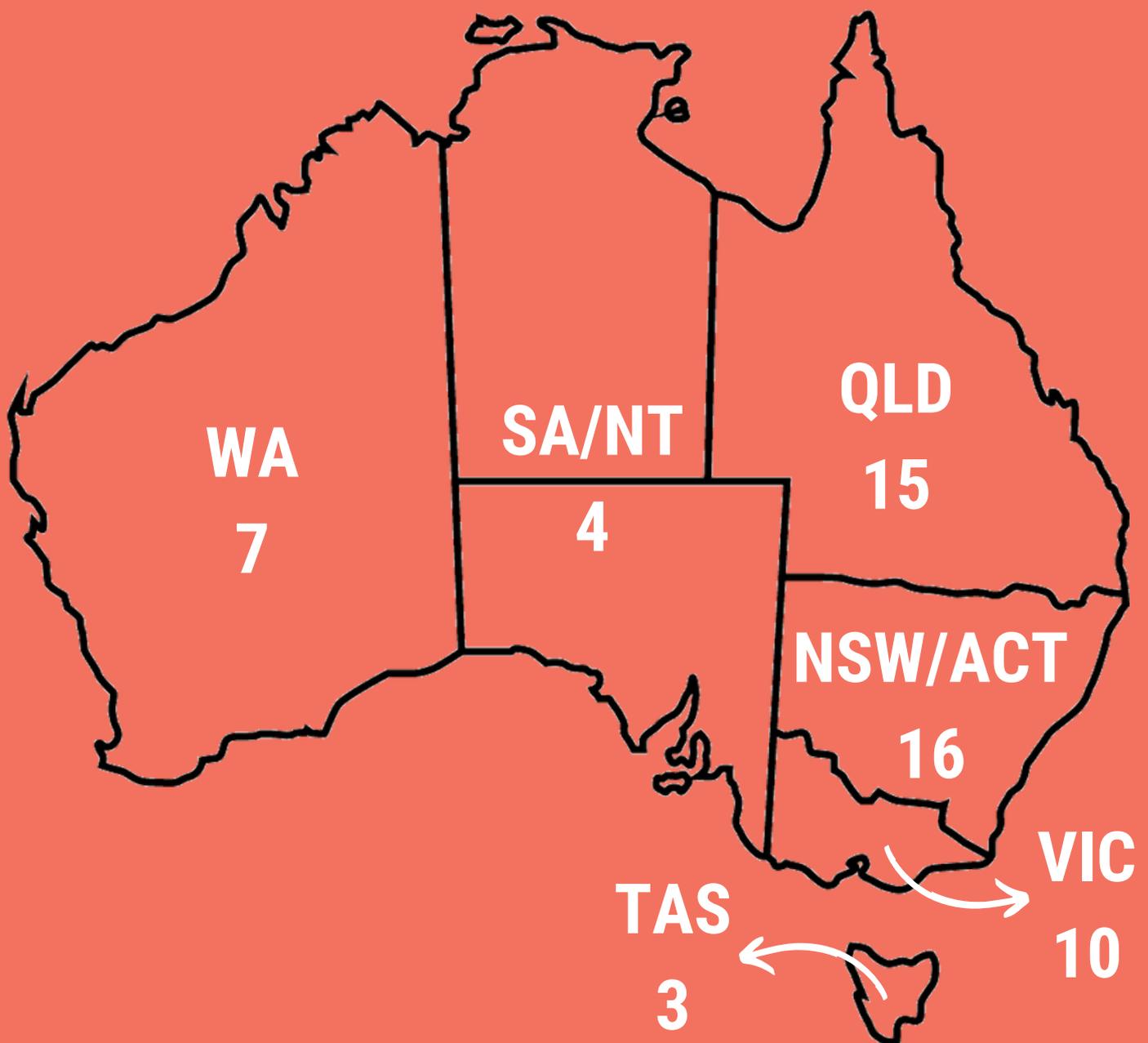
The material helps young people to develop tools in eight key areas: self-awareness, anger, depression and loneliness, stress, grief and loss, assertiveness, self-esteem, and future direction.

The program uses games, activities, and discussion to help young people explore these concepts, and develop skills in each area.

A recent review of the program revealed the significant impact it has made...



1100+ STUDENTS AT 55 SCHOOLS AROUND THE COUNTRY



FACILITATOR FEEDBACK

Surveys and focus Groups were conducted with 15 facilitators from around the country. This is what they told us...

"I have seen mind-sets transformed. Eyes open to things that they wouldn't have been open to before the program. I have seen a positive outcome for each of these students."

"Schools want us to run the program for more students. We have been approached by another school to run it for them also."

"PLP has helped me teach young people about life, growth and maturity."

"[Participating in PLP] improved engagement in other programs, and challenging behaviours that have disrupted other young people and upset the participant and their peers have become less frequent."

100%

AGREED OR
STRONGLY AGREED
WITH THESE
STATEMENTS:

"Young people enjoy the program"

"Young people enjoy the program"

"Young people find the program engaging"

"The topics are relevant and useful to young people"

"The material helps young people understand the topics"

"The material helps young people build skills they can use in their lives"

YOUNG PEOPLE

Young people who completed the PLP for High Schools were asked what they enjoyed about the program. This is what they told us....

"PLP helped me to work on my anger. I am less angry and now have other ways to deal with my anger".

"The program helped me with my anxiety. I now feel less socially anxious. "

"This course has been an amazing adventure for me. I have learned how to express myself and be assertive, I honestly don't have any tips or feedback. Continue being an amazing lesson for young people, this really helped me out a lot."

"I loved PLP, it was a very detailed program that covered most aspects of young people's lives. I enjoyed how each topic gave us interactive ways to express our lives. Thank you!"

"The program makes me happy when I am feeling down. It has helped me learn to understand myself better. [It was good] talking about problems that people deal with."

"Everything about the program was fun and enjoyable and my favourite is getting to spend time with everyone and doing the activities!"