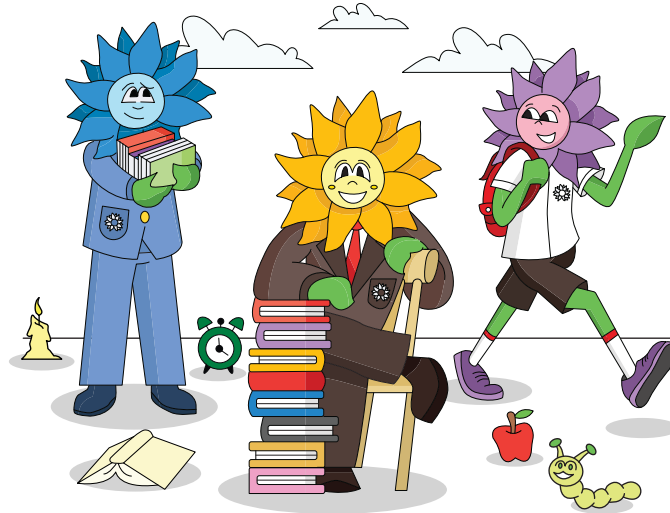


PEOPLE BEFORE STUDENTS PROGRAM

Presented By *Speak & Share*



The Speak and Share Program has been developed by 3 qualified school teachers who have seen first hand the negative impact that Mental Health is having on our youth today".

Many of our youth are struggling in silence and are not aware of either the support that is available or even how to ask for it without feeling embarrassed or ashamed.

This is where our 'People Before Students Program' is changing lives.

Developed with input from mental health professionals and aimed at students aged 14-19, our **People Before Students Program** focuses on a number of key themes;

- **It incorporates the language of youth**
- **It encourages meaningful connection with family and friends**
- **It normalises the conversations around mental health**
- **It encourages and celebrates vulnerability**
- **It supports and elevates your school wellbeing culture**

In 2023 we delivered our program to more than 6000 participants & delivered over 100 programs.

We are creating a movement where **'a problem shared is a problem halved'**.

Where it's a celebrated behaviour to always be checking in with our mates.

Post pandemic, the need to re-connect our community and re-calibrate the perception of mental health has never been more important.

Youth Statistics from Beyond Blue

Young people are less likely than any other age group to seek professional help

Half of all the mental health conditions we experience at some point in our lives will have started by age 14

Only 31% of young women and 13% of young men with mental health problems had sought any professional help

One in seven young people aged 4 to 17 years experience a mental health condition in any given year

Staff Feedback

“Our students and staff couldn’t speak highly enough of the Speak Share sessions and rated these sessions the highlights of their week. The discussions that have been evoked amongst our Year 9 cohort has been amazing to witness.”

Darin Joyce, Frankston High School

“I believe that Speak & Share has helped students build confidence, improve communication skills, and develop a better understanding of mental health. I highly recommend this program to any school or organization looking to inspire and educate young individuals.

Marcellin College

Student Feedback

Not only was it eye-opening, it gave us a deeper level of comfort when talking about mental health and personal challenges. - *Mikka*

The speak and share incursion allowed me to become closer to and more comfortable around my peers. - *Tahlia*



Some of the schools we presented to in 2023