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**Stream 1**: **The kinship carer experience**

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| **Training name** | **Learning outcomes**  |
| **Foundational kinship and** **Advanced kinship** | * understand the home based care systems and how to navigate complexity
* understand the child protection system and the role played by kinship carers
* learn about the origin of your own parenting style and how to make it more effective
* understand your role as a carer and the roles of those around you
* learn about child development and its influence on thoughts, feelings and behaviour
* learn strategies to keep children and young people safe and feeling safe from abuse by adults and other young people in the household
* discover ways to take care of yourself and find support when you need it
* identify a number of key state-wide and local services who can provide support for kinship carers
* understand the role of a kinship carer in meeting the daily care needs of a child, and in partnering with other key stakeholders including Kinship Care Victoria
* understand your role as a carer and the roles of those around you
* discover effective communication skills to help you sail through challenging conversations
* understand the Aboriginal Placement Principle
* learn about advocacy and how to use opportunities around you
* understand the child protection system and what is expected of a new kinship carer, i.e. documentation and reports and records
* discuss the legislation, policies and procedures and how they relate to foster care in Victoria including the rights of the child and carers
* Understanding of the partnerships that exist between children, kinship carers and workers (both in the government and non-government sectors), and their roles and responsibilities of working together as a team.
* Understand financial entitlements of carers including access to Centrelink payments, DHHS payments, and payments such as state school relief.
* Information about formal allegations of abuse or neglect and CIMS requirements and processes.
* Information about Government policies and practices including positive behaviour management, creating cultural connections for children
* Understand the role of a kinship carer and how to negotiate contact or lack of contact with family and understand the impact of grief, loss and trauma for children and for carers.
* Understand how connection to family is important for development and mental health and the short and longer term impacts of disconnection from some family members.
* Identify strategies for dealing with the pressures of kinship care, including family conflicts, and for carers to focus on their own well-being.
* How to talk and answer questions from the children and young people in their care about other family members sensitively and without judgement.
 |
| **Kinship carer camps** | * learn about elements that create a warm, safe, healthy and happy home environment
* Identify strategies for dealing with the pressures of kinship care, including family conflicts, and for carers to focus on their own well-being.

And any of the above learning outcomes from Foundation and Advanced above. |

**Stream 2: The foster carer experience**

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| **Training name** | **Learning outcomes**  |
| **Communication in the foster care system****Resilience for foster carers** | * understand the care system, formally out of home care, and home based care systems and how to navigate their complexity
* understand the child protection system and the role played by foster carers
* learn about the origin of your own parenting style and how to make it more effective
* understand your role as a carer and the roles of those around you
* learn about child development and its influence on thoughts, feelings and behaviour
* learn strategies to keep children and young people safe and feeling safe from abuse by adults and other young people in the household
* discover ways to take care of yourself and find support when you need it
* identify a number of key state-wide and local services who can provide support for foster carers including the Foster Care Association of Victoria
* understand the role of a foster carer in meeting the daily care needs of a child, and in partnering with other key stakeholders including the Foster Care Association of Victoria
* understand your role as a carer and the roles of those around you
* discover effective communication skills to help you sail through challenging conversations
* understand the Aboriginal Placement Principle
* learn about advocacy and how to use opportunities around you
* understand the child protection system and what is expected of a new kinship carer, i.e. documentation and reports and records
* discuss the legislation, policies and procedures and how they relate to foster care in Victoria including the rights of the child and carers
* Understanding of the partnerships that exist between children, kinship carers and workers (both in the government and non-government sectors), and their roles and responsibilities of working together as a team.
* Understand financial entitlements of carers including access to Centrelink payments, DHHS payments, and payments such as state school relief.
* Information about formal Quality of Care requirements and processes.
* Information about Government policies and practices including positive behaviour management, creating cultural connections for children
* Understand how connection to family is important for development and mental health and the short and longer term impacts of disconnection from family.
* Learn ways to discuss the child or young person’s family situation sensitively and without judgement.
* Understanding of the issues around leaving care and keeping in contact with children and young people once they leave a placement.
 |
| **Camps/Retreats** | * learn about elements that create a warm, safe, healthy and happy home environment
* Identify strategies for dealing with the pressures of foster care, including family conflicts, and for carers to focus on their own well-being.

And any of the above learning outcomes from Foundation and Advanced above. |
| **New Suggestions from Carer Feedback** | * Young people from care’s voices and experiences
* Understand the first 30 days of being a Foster Carer, understand what to expect and be ready to respond to a new placement
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**Stream 3**: **Caring for Aboriginal children**

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| **Training name** | **Learning outcomes**  |
| **Foundation:****Cultural Awareness: History of Aboriginal Australia****Stolen Generation: History and intergenerational trauma****Caring for Aboriginal children and young people** | * Learn about the history of Aboriginal people in Australia, Victoria and your local area
* Learn about Aboriginal culture and the importance of Aboriginal culture to Aboriginal people.
* Understand the historical and current role of kinship care and foster care in the Aboriginal community.
* Understand how connection to culture, community and family is vital to a child’s future
* Understand the impact of history, racism, the Stolen Generations and inter-generational loss and trauma on modern society and lived experience of Aboriginal children, their families and communities today.
* Understand how to effectively support children and young people's connection to culture, identity and therefore the development of self
* Understanding the impact of family violence on Aboriginal families and the intergenerational impacts and cycle (specific to Aboriginal kinship and foster carers).
* gain an introductory knowledge and understanding of how to best support Aboriginal children in care
* understand how to respond to Aboriginal children and young people in a culturally sensitive way
* Understand how the connection to culture, community and family can impact on a child’s future.
* Understand and celebrate the resilience of Aboriginal people.
* Understanding culture as a daily lived experience and creating a culturally safe space for Aboriginal children.
* Understand the role of relationships with extended family in maintaining and strengthening connections to community and supporting connections with or return to family.
* Understand how to strengthen the Aboriginal child and young people’s experience, understanding and knowledge of Aboriginal history and culture.
* Understand cultural support planning – creating a meaningful cultural support plan that is age and stage appropriate, and the importance of & roles and responsibilities in cultural support planning.
* How to seek and build respectful relationships with local Aboriginal community members and organisations who can provide cultural connection and positive role models for children and young people.
* Advocating for and supporting return to country visits.
* Building strong Aboriginal child rearing practices (specific to Aboriginal kinship and foster carers.) including the Aboriginal Placement Principle
 |
| **Advanced:** | * learn about intergenerational trauma and its impact
* understand how trauma can affect behaviour
* Develop understanding of ‘sorry business’, and its various protocols.
* develop strategies to respond effectively and appropriately to Aboriginal children and young people who have experienced trauma
* Understand the historical and current role of kinship care and foster care in the Aboriginal community.
* Understand how to effectively support children and young people's connection to culture, identity and therefore the development of self.
* Understand the role of relationships with extended family in maintaining and strengthening connections to community and supporting connections with or return to family.
 |
| **Specific to Aboriginal and Torres Strait Islander kinship and foster carers** | * Building strong Aboriginal child rearing practices
* Understand the impact of history, racism, the Stolen Generations and inter-generational loss and trauma on parenting practices
* Connecting to culture and country to heal and build resilience
* Understanding the impact of family violence on Aboriginal families and the intergenerational impacts and cycle
* Understand the impact of history, racism, the Stolen Generations and inter-generational loss and trauma on parenting practices
* Connecting to culture and country to heal and build resilience
 |
| **Cultural Camps and Retreats** | * learn about elements that create a warm, safe, healthy and happy home environment
* Identify strategies for dealing with the pressures of foster care, including family conflicts, and for carers to focus on their own well-being.

And any of the above learning objectives. |

**Stream 4**: **Foundations for kinship and foster carers**

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| **Training name** | **Learning outcomes**  |
| **Advanced Care** | * understand trauma-informed practices when dealing with behaviour
* discover more about key topics such as sexual abuse, sexualised behaviour and family violence
* understand about mental health care for children and young people
* understand the impact of technology on the lives of young people
* Learn new strategies and skills to enhance the feelings of safety, health and happiness of children and young people in care, including making everyday challenges easier.
* Understand how to provide a warm, safe, healthy and happy home environment.
* Understand basic child development and developmental milestones.
* Understand the types of past issues that may affect the social and emotional development of a child or young person in kinship care or foster care.
* Gain an introduction to trauma theory and attachment theory and how child health, development and behaviour can be impacted by trauma or attachment issues.
* Understand the impact of loss, grief and inter-generational trauma on children, young people and families.
* Understand different types of concerning behaviours and their possible meanings.
* Understand how to respond to concerning behaviours assist in the recovery of children affected by loss and grief, trauma and attachment issues.
* Identify sources of support (local services, state-wide service and online information and support) in caring for children and young people whose development may have been impacted by loss, grief and trauma or attachment issues.
* Understand how to be a positive role model for children and young people, as well as the importance of mentors and how to arrange a mentor for children in your care.
* Learn communication techniques to encourage trusting relationships with children and adolescents.
* Learn techniques to help guide adolescents in their decision making processes.
* Understand the importance of identity and the rights of children and parents.
* Understand how their own life stories and feelings impact their responses to the children in their care.
* Understand the importance of life story work with children and young people and support creative life story work.
* Explore the different feelings that life story work can invoke in children and young people and the adults working with them.
* Identify and manage their own feelings and stress.
* Understand the importance of caring for themselves in order to care for others and identify and self-care skills and strategies, including a self-care plan.
* Understand the concept of emotional intelligence and develop practical methods to improve emotional communication skills, including anger management.
* How to communicate effectively with extended family and others.
* Understand the importance of a leaving care plan and how to prepare children and young people for adulthood.
 |
| **Extended Family/Siblings as carers** | * identify and understand the value of their role in the family
* understand the out of home care system in Victoria
* have an opportunity to express their thoughts, feeling and concerns about being children in families who provide care
* connect with and gain support from other children and young people of caring families
* Everyday strategies and skills to enhance the feelings of safety, health and happiness of children and young people in care, including making everyday challenges easier.
* How to provide a warm, safe, healthy and happy home environment.
* Understand basic child development and developmental milestones.
* Understand the types of past issues that may affect the social and emotional development of a child or young person in kinship care or foster care.
* Gain an introduction to trauma theory and attachment theory and how child health, development and behaviour can be impacted by trauma or attachment issues.
* Understand the impact of loss, grief and inter-generational trauma on children, young people and families.
* Understand different types of concerning behaviours and their possible meanings.
* Understand how to respond to concerning behaviours assist in the recovery of children affected by loss and grief, trauma and attachment issues.
* Identify sources of support (local services, state-wide service and online information and support) in caring for children and young people whose development may have been impacted by loss, grief and trauma or attachment issues.
* Understand how to be a positive role model for children and young people, as well as the importance of mentors and how to arrange a mentor for children in your care.
* Learn communication techniques to encourage trusting relationships with children and adolescents.
* Learn techniques to help guide adolescents in their decision making processes.
* Understand the importance of identity and the rights of children and parents.
* Understand how their own life stories and feelings impact their responses to the children in their care.
* Understand the importance of life story work with children and young people and support creative life story work.
* Explore the different feelings that life story work can invoke in children and young people and the adults working with them.
* Identify and manage their own feelings and stress.
* Understand the importance of caring for themselves in order to care for others and identify and self-care skills and strategies, including a self-care plan.
* Understand the concept of emotional intelligence and develop practical methods to improve emotional communication skills, including anger management.
* How to communicate effectively with extended family and others.
* Understand the importance of a leaving care plan and how to prepare children and young people for adulthood.
 |
| **Therapeutic parenting**  | * develop an understanding of healthy child development
* understand how trauma, loss and grief impact behaviour
* understand the impact of the past on present behaviour
* identify and develop therapeutic parenting skills
* learn how to understand and deal with challenging behaviour
* Everyday strategies and skills to enhance the feelings of safety, health and happiness of children and young people in care, including making everyday challenges easier.
* How to provide a warm, safe, healthy and happy home environment.
* Understand basic child development and developmental milestones.
* Understand the types of past issues that may affect the social and emotional development of a child or young person in kinship care or foster care.
* Gain an introduction to trauma theory and attachment theory and how child health, development and behaviour can be impacted by trauma or attachment issues.
* Understand the impact of loss, grief and inter-generational trauma on children, young people and families.
* Understand different types of concerning behaviours and their possible meanings.
* Understand how to be a positive role model for children and young people, as well as the importance of mentors and how to arrange a mentor for children in your care.
* Learn communication techniques to encourage trusting relationships with children and adolescents.
* Learn techniques to help guide adolescents in their decision making processes.
* Understand the importance of identity and the rights of children and parents.
* Understand how their own life stories and feelings impact their responses to the children in their care.
* Understand the importance of life story work with children and young people and support creative life story work.
* Explore the different feelings that life story work can invoke in children and young people and the adults working with them.
* Identify and manage their own feelings and stress.
* Understand the importance of caring for themselves in order to care for others and identify and self-care skills and strategies, including a self-care plan.
* Understand the concept of emotional intelligence and develop practical methods to improve emotional communication skills, including anger management.
* How to communicate effectively with extended family and others.
* Understand the importance of a leaving care plan and how to prepare children and young people for adulthood.
 |
| **Child development**  | * have an introduction to child learning and development
* understand the factors that impact on development as well as the impact of parent wellbeing and family functioning
* learn how to provide healthy early environments and build skills for children in their early years
* Everyday strategies and skills to enhance the feelings of safety, health and happiness of children and young people in care, including making everyday challenges easier.
* How to provide a warm, safe, healthy and happy home environment.
* Understand basic child development and developmental milestones.
* Understand the types of past issues that may affect the social and emotional development of a child or young person in kinship care or foster care.
* Gain an introduction to trauma theory and attachment theory and how child health, development and behaviour can be impacted by trauma or attachment issues.
* Understand different types of concerning behaviours and their possible meanings.
* Understand how to be a positive role model for children and young people, as well as the importance of mentors and how to arrange a mentor for children in your care.
* Learn communication techniques to encourage trusting relationships with children and adolescents.
* Learn techniques to help guide adolescents in their decision making processes.
* Understand the importance of identity and the rights of children and parents.
* Understand how their own life stories and feelings impact their responses to the children in their care.
* Understand the importance of life story work with children and young people and support creative life story work.
* Explore the different feelings that life story work can invoke in children and young people and the adults working with them.
* Identify and manage their own feelings and stress.
* Understand the importance of caring for themselves in order to care for others and identify and self-care skills and strategies, including a self-care plan.
* Understand the concept of emotional intelligence and develop practical methods to improve emotional communication skills, including anger management.
* How to communicate effectively with extended family and others.
* Understand the importance of a leaving care plan and how to prepare children and young people for adulthood.
 |
| **Parenting solutions**  | * learn how to enhance feelings of safety, health and happiness in children and young people in care
* understand child development and milestones
* understand how to respond to concerning behaviour
* learn about the importance of identify and the rights of children and parents
* Everyday strategies and skills to enhance the feelings of safety, health and happiness of children and young people in care, including making everyday challenges easier.
* How to provide a warm, safe, healthy and happy home environment.
* Understand basic child development and developmental milestones.
* Understand the types of past issues that may affect the social and emotional development of a child or young person in kinship care or foster care.
* Gain an introduction to trauma theory and attachment theory and how child health, development and behaviour can be impacted by trauma or attachment issues.
* Understand different types of concerning behaviours and their possible meanings.
* Understand how to be a positive role model for children and young people, as well as the importance of mentors and how to arrange a mentor for children in your care.
* Learn communication techniques to encourage trusting relationships with children and adolescents.
* Learn techniques to help guide adolescents in their decision making processes.
* Understand the importance of identity and the rights of children and parents.
* Understand how their own life stories and feelings impact their responses to the children in their care.
* Understand the importance of life story work with children and young people and support creative life story work.
* Explore the different feelings that life story work can invoke in children and young people and the adults working with them.
* Identify and manage their own feelings and stress.
* Understand the importance of caring for themselves in order to care for others and identify and self-care skills and strategies, including a self-care plan.
* Understand the concept of emotional intelligence and develop practical methods to improve emotional communication skills, including anger management.
* How to communicate effectively with extended family and others.
* Understand the importance of a leaving care plan and how to prepare children and young people for adulthood.
 |
| **Challenging Behaviours** | * learn strategies to increase safety, health and happiness of children and young people in care
* understand different types of concerning behaviours and their possible meanings
* understand how to spot warning signs of mental health problems and respond appropriately
* Everyday strategies and skills to enhance the feelings of safety, health and happiness of children and young people in care, including making everyday challenges easier.
* How to provide a warm, safe, healthy and happy home environment.
* Understand basic child development and developmental milestones.
* Understand the types of past issues that may affect the social and emotional development of a child or young person in kinship care or foster care.
* Gain an introduction to trauma theory and attachment theory and how child health, development and behaviour can be impacted by trauma or attachment issues.
* Understand how to be a positive role model for children and young people, as well as the importance of mentors and how to arrange a mentor for children in your care.
* Learn communication techniques to encourage trusting relationships with children and adolescents.
* Learn techniques to help guide adolescents in their decision making processes.
* Understand the importance of identity and the rights of children and parents.
* Understand how their own life stories and feelings impact their responses to the children in their care.
* Understand the importance of life story work with children and young people and support creative life story work.
* Explore the different feelings that life story work can invoke in children and young people and the adults working with them.
* Identify and manage their own feelings and stress.
* Understand the importance of caring for themselves in order to care for others and identify and self-care skills and strategies, including a self-care plan.
* Understand the concept of emotional intelligence and develop practical methods to improve emotional communication skills, including anger management.
* How to communicate effectively with extended family and others.
* Understand the importance of a leaving care plan and how to prepare children and young people for adulthood.
 |
| **Crisis, Grief and Loss** | * Understand the impact of loss, grief and inter-generational trauma on children, young people and families.
* Understand different types of concerning behaviours and their possible meanings.
* Understand how to respond to concerning behaviours assist in the recovery of children affected by loss and grief, trauma and attachment issues.
* Identify sources of support (local services, state-wide service and online information and support) in caring for children and young people whose development may have been impacted by loss, grief and trauma or attachment issues.
* learn how to respond to concerning behaviours and assist in the recovery of children affected by loss and grief, trauma and attachment issues
* Understand how to respond to concerning behaviours assist in the recovery of children affected by loss and grief, trauma and attachment issues.
* Identify sources of support (local services, state-wide service and online information and support) in caring for children and young people whose development may have been impacted by loss, grief and trauma or attachment issues.
* Identify sources of support (local services, state-wide service and online information and support) in caring for children and young people whose development may have been impacted by loss, grief and trauma or attachment issues.
* Understand the impact of loss, grief and inter-generational trauma on children, young people and families.
* Understand the impact of loss, grief and inter-generational trauma on children, young people and families.
 |
| **Self-care** | * identify their support needs and times when you need to access support and where you can get this
* understand the impact of fatigue on providing a safe caring environment
* feel confident in requesting support;
* understand the difference and links between support and advocacy
* Know where to seek assistance and advocacy for themselves and the children and young people for whom they care; the assessment necessary for each participant will be based on: Participation in discussions and training activities; and Completion of worksheets.
* be aware of the role of Foster Care Queensland and the FCQ FAST delegate;
* understand the role and how to access Office of the Public Guardian and the Children Services Tribunal;
* be self-aware of their own bodies’ signs of fatigue and identify their own stressors;
* apply a range of effective mechanisms to decrease or manage their stress;
* Acknowledge the need for self-care and identify practical ways of caring for themselves.
 |
| **Education** | * understanding how to navigate the education system
* understanding how to support children and young people in their educational needs under the Victorian Education System
 |
| **CIMS** | * Information about formal allegations of abuse or neglect and CIMS requirements and processes CIMS
 |

**Stream 5**: **Specialist topics for foster and kinship carers**

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| **Training name** | **Learning outcomes**  |
| **Family violence** | * understand what family violence is
* understand the impact of domestic violence on children and young people
* discover support options for those who experience family violence
* gain insight into the how you can help children exposed to domestic violence to recover from trauma and develop resilience
* Understand what family violence is.
* Understand the impact of domestic violence on parenting.
* Understand the impact of domestic violence on children and young people.
* Discover support options for those who experience family violence.
* Know how to help children exposed to domestic violence to recover from trauma and develop resilience.
 |
| **Sexual abuse and sexualised behaviours** | * Understand sexual abuse and assault and its impact on children and young people.
* know how to care effectively and safely for children and young people who have experienced sexual abuse, sexual assault and/or problem sexual behaviour
* understand how to speak with children who disclose sexual abuse
* learn how to reduce the risk of sexual abuse and sexual exploitation
* Understand sexual abuse and sexual assault and its impacts on children and young people.
* Understand the developmental impairments and distortions that may lead to sexualised behaviour.
* Know how to work effectively and safely with children and young people with prior sexual abuse, sexual assault and/or sexualised behaviour.
* Know how to work effectively and safely with children and young people with prior sexual abuse, sexual assault and/or sexualised behaviour and reduce the risk of sexual exploitation.
* Understand how to speak to children who may disclose sexual abuse.
 |
| **Disabilities: autism, learning disabilities, ADHD etc.**  | * Understand concerning behaviours and their possible meanings.
* learn how to best support and advocate for a child with a medical condition, developmental difference or disability
* learn about the new National Disability Insurance Scheme and pathways for carers to access additional supports
* Understand the importance of maintaining a relationship with key professionals.
* Understand how disability is defined, as well as some common disabilities.
* Understand the myths and societal attitudes that exist towards medical conditions, developmental differences, disability.
* Understand invisible medical conditions, developmental differences, disabilities and their impact.
* Provide information about how to access and navigate NDIS.
* Understand carer rights to support when raising a child with a medical condition, developmental difference or disability.
* Increased knowledge of support options, including governmental and non-governmental networks.
* Increased knowledge of how best to support and advocate for a child with a medical condition, developmental difference or disability.
 |
| **Emotional Intelligence in a traumatised child or young person** | * understand the inner working model of those who have experienced abuse and broken attachments that lead to challenging behaviours
* recognise how to gauge the emotional maturity of a child or young person
* learn how to assess when a child is switched on to what you have to say
* appreciate the impact of stress on the ability to make good choices
 |
| **Mental health** | * learn how to spot warning signs of mental health problems and respond appropriately
* understand mental health crisis situations: suicidal thoughts and behaviours, panic attacks, severe effects of drug or alcohol use, psychotic states, aggressive behaviours
* learn how to provide appropriate help (mental health first aid) and when and where to seek professional help
* learn how to have difficult conversations about mental health
* Understand various mental health issues, such as ADHD, ASD, FASD, depression and anxiety.
* Understand how to spot warning signs of mental health problems and respond appropriately.
* Understand mental health crisis situations: suicidal thoughts and behaviours, panic attacks, severe effects of drug or alcohol use, psychotic states, and aggressive behaviours.
* How to provide initial help (mental health first aid) and when and where to seek professional help.
* Tips on having conversations about mental health.
* How to provide initial help, where and how to get professional help and what sort of help has been shown by research to be effective.
 |
| **Sexuality and gender identity** | * again an introductory understanding of sex, gender and sexuality, why it’s important for everyone and the terminology surrounding it
* understand gender stereotypes and impact they can have on children, young people and adults
* understand what healthy and unhealthy relationships look like and how to discuss these relationships with young people
* learn how to have conversations with young people that inform their sexual education without alienating them, including safe sex advice
* Understand how to define healthy sexuality.
* Understand gender stereotypes and impact they can have on children, young people and adults.
* Gain an introductory understanding of sex, gender and sexuality and the terminology surrounding it.
* Understand sex, gender and sexuality as it relates to young people, including LGBTIQ young people.
* Understand what a healthy and unhealthy relationship looks like and how to discuss this with young people.
* Tips on having conversations about sexual education, including safe sex advice.
* Knowledge of useful resources that young people can be directed to.
* Gain an appreciation for the complexity of gender and sexuality for all people.
* Understand how to care for and support LGBTIQ young people.
* Understand the role of discrimination on mental health.
* Understand homophobic attitudes and their impact.
* Understand the short and long term impact of discrimination and homophobia.
 |
| **Cyber safety basics** | * learn about various social media platforms such as blogs, Twitter, Facebook, Snapchat and Instagram
* set and regulate boundaries and avoid conflict for children and young people and their technology use
* gain an understanding of cyber safety and the extra vulnerabilities specifically relating to children under court orders
* Understand the positives and negatives of technology as well as the myths and misconceptions.
* Appreciate technology as a learning and communication tool.
* Understand the role of technology, media and social networking for children and young people.
* Identify various social media platforms, such as blogs, Twitter, Facebook, Snapchat and Instagram.
* Understand cyber bullying and cyber safety.
* Explore new trends developing amongst young people.
* Understand benefits and risks of social networking and where to get help.
* Tips on setting and regulating boundaries and how to avoid conflict.
* Understand how the internet has impacted everyday life.
* Where to find more information online.
* understand the role of technology, media and social networking for children and young people
* understand the positives and negatives of technology as well as the myths and misconceptions
* understand benefits and risks of social networking and where to get help
* gain tips on setting and regulating boundaries and how to avoid conflict
* Understand the positives and negatives of technology as well as the myths and misconceptions.
* Appreciate technology as a learning and communication tool.
* Understand the role of technology, media and social networking for children and young people.
* Identify various social media platforms, such as blogs, Twitter, Facebook, Snapchat and Instagram.
* Understand cyber bullying and cyber safety.
* Explore new trends developing amongst young people.
* Understand benefits and risks of social networking and where to get help.
* Tips on setting and regulating boundaries and how to avoid conflict.
* Understand how the internet has impacted everyday life.
* Where to find more information online.
 |
| **Understanding and responding to adolescent drug or alcohol use** | * explore the facts and myths about the use of alcohol and other drugs by young people
* learn communication techniques to encourage trusting relationships with children and adolescents
* learn techniques to help guide adolescents in their decision-making processes
* gain increased knowledge about options and resources for support
* Understand why young people may use alcohol and other drugs.
* Tips on how to respond to substance use and recognising use and misuse.
* Exploring the facts and myths around use of alcohol and other drugs by young people.
* Tips on having difficult conversations about substance abuse.
* Understand the importance of harm minimisation, including safe use.
* Increased knowledge of options and resources for support.
* Understand current information about substances and the terminology used to talk about it.
* Identify strategies for action.
 |
| **General Topics** | * Bullying
* Nutrition and health eating
* Young people’s perspectives
 |