

# BRiTA Futures

## Adolescent program outline

### *Building resilience in transcultural Australians*

Aims of the session		
1	Getting to know me, getting to know you	<ul style="list-style-type: none"> <li>To introduce the program, its structure and aims, including how it will be evaluated, expectations of participants, and “rules” (e.g. issues of confidentiality, respect, active listening, and participation)</li> <li>Building group cohesion and preparing participants for personal growth and risk-taking</li> <li>Completing the pre-program evaluation task</li> </ul>
2	Cultural identity and life experience: Making me who I am	<ul style="list-style-type: none"> <li>To explore ways in which culture and life experiences shape personal identity</li> <li>To learn about ways in which old and new traditions affect our lives</li> <li>To gain an understanding of personal strengths derived from culture and life experience</li> </ul>
3	Habits of thinking: Self-talk and self-esteem	<ul style="list-style-type: none"> <li>To learn about the concept of habits and how these shape our thoughts, feelings, and beliefs about ourselves</li> <li>To learn new culturally appropriate strategies for building self-esteem</li> <li>To learn about optimism and how to promote it</li> </ul>
4	Habits and feelings: Understanding our emotions	<ul style="list-style-type: none"> <li>To learn about the language of feelings (emotions)</li> <li>To recognise how culture determines the language we use to express feelings</li> <li>To learn strategies for dealing with difficult emotions</li> <li>To develop an optimistic outlook</li> </ul>

## Aims of the session

5	Communication strategies for calming conflict	<ul style="list-style-type: none"> <li>• To understand the communication process and different styles of communicating (passive, aggressive and assertive)</li> <li>• To explore ways to balance autonomy and interdependence</li> <li>• To gain an understanding of the nature of conflict, stages of conflict; conflict triggers, and conflict resolution strategies</li> <li>• To consider ways in which cultural differences contribute to conflict</li> <li>• To gain an understanding of how personal values contribute to conflict</li> <li>• To introduce the idea of personal power</li> </ul>
6	Sticks and stones: Challenging social and cultural stereotypes	<ul style="list-style-type: none"> <li>• To understand the concept of stereotypes, discrimination and prejudice</li> <li>• To learn effective strategies for coping with discrimination</li> <li>• To understand the stress response and how to manage it</li> </ul>
7	Staying in balance: Humour, values and spirituality	<ul style="list-style-type: none"> <li>• To learn how to use humour for inner strength</li> <li>• To understand the concept of mentoring and ways to find a personal mentor</li> <li>• To gain insight into the relationship between culture and spirituality</li> <li>• To define personal values and explore how our culture shapes these</li> </ul>
8	Building positive relationships: Family, peer and community networks	<ul style="list-style-type: none"> <li>• To explore ways in which we are influenced by family patterns of communication and family traditions</li> <li>• To learn about different cultural patterns for solving problems and dealing with conflict</li> <li>• To build strategies for establishing peer networks across cultures</li> <li>• To learn about “community” and finding one’s place</li> </ul>
9	Getting to know support services	<ul style="list-style-type: none"> <li>• To discuss attitudes about asking for help</li> <li>• To learn about how, and where, to find information and sources of support for multicultural families in a complex world</li> </ul>
10	Life goals and future planning	<ul style="list-style-type: none"> <li>• To establish personal life dreams or aspirations and goals, and plan steps for achieving these</li> <li>• To review the program outcomes and discuss ways to sustain these</li> <li>• Complete the post-program evaluation</li> </ul>