



## Adolescent culture – engaging and motivating young people

### Tools and strategies to understand and effectively work with young people.

The Adolescent Culture workshop will provide participants with the opportunity to engage and be a part of an informative and experiential/interactive session about young people today. This workshop will include discussions, activities and information on adolescent culture, highlighting what young people are experiencing, feeling, participating in and experimenting with. In addition, participants will walk away with a tool belt with skills and strategies to best engage with and motivate young people.

Training commences with an icebreaker and group agreement activity to ensure that all participants feel comfortable and safe to share and learn. This is particularly important with the topic area being discussed.

The presentation includes but is not limited to information on adolescent culture, which will detail elements of alcohol and other drugs, sexual health (including sexual identity, gender diversity), mental health and social media to name a few. This presentation will be a snapshot of young people today, laying the foundation for the rest of the workshop.

Brainstorming activities will be used to explore how best to engage with young people. This will give everyone the opportunity to discuss ways in which they have tried to engage young people and explore what worked, what challenges they experienced and importantly, what learning they took away from that engagement. This brainstorm will give all participants the chance to learn from each other.

Scenarios will be built into the session. This will give participants the opportunity to think about what young people are experiencing today and the pressures they are under. Utilising scenarios will allow the room to navigate their way through motivating young people, taking into consideration the issues impacting them today. Together they will then explore and discuss strategies and ways that they can best support the young people they are working with and each other. Having a safe learning space to do this will create confidence in participants and subsequently, they will then utilise the skills and knowledge learnt in the session, in the outside world.

#### Learning objectives of this training:

1. Understanding of adolescent culture – young people today
2. Increased understanding of the impact of issues such as alcohol and other drugs, sexual health, mental health and social media on young people
3. Increased confidence in engaging young people – having the tools and strategies to be able to do this
4. Increased understanding of the different support services available to young people (both organisations and online)
5. Skills to motivate young people – understanding their needs and desires, setting goals and working with them to achieve these



**Kim Huckerby** has spent the last 15 years working extensively with young people, parents, secondary schools, the corporate sector and the wider community. Her professional focus has been on adolescent development, engaging in diverse roles to pursue her passion in education and training about youth issues. Kim has navigated the adolescent space for many years and has found that through working in different areas such as psycho-education, outreach, mentoring and teaching/training, she has equipped herself with the necessary tools, skill base and knowledge to impart some of learnings with the wider community. Over the last few years, Kim has moved into strategic planning and management at Raise Foundation, as well as a newly appointment role in the Learning and Development space. She also runs her own business delivering Youth Mental Health First Aid courses.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

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**ACA:** Members can accrue 12 CPD points.

**AASW:** Members can accrue 6 CPD hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

## **Morning Session**

Introduction to adolescent culture

Discussion of youth issues including information on alcohol and other drugs, sexual health, mental health and social media engagement.

Youth engagement - how best to engage with young people

## **Afternoon Session**

Scenarios and practice sessions – youth engagement

What support services are available for young people and the importance of online support services for this generation

Working through goals with young people – how do we motivate young people Evaluation and Closing.

***“They say that the Generational Divide is the biggest hurdle when engaging with young people... So, let’s try and understand young people and put on our tool belts so that we can do this confidently and effectively.”***

Kim Huckerby

### **How will you benefit from attending this training?**

- Participants will leave the session with a good understanding of the issues impacting young people today
- Participation in activities that will leave empower to engage and motivate the young people they are connected to.
- Acquire the tools, skills and confidence to be able to ask a young person if they are ok and to respond effectively.

### **Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### **We include:**

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

**This presentation is appropriate for participants wanting an overview of youth today – a snapshot of adolescent culture with tools and strategies provided to best engage with and motivate young people.**

### **Feedback for Kim’s recent training presentations:**

*“The presenter was engaging and knowledgeable, and made everyone feel safe and comfortable to participate. One of the best trainers that I have ever had the pleasure of doing a course with - thank you Kim”*

*“The instructor was fantastic. From the moment you entered the room where everything was set up so well, to her manner and style, engaging, fun, knowledgeable and lots of opportunity to practice and work with others. Was a great course”*

*“The course was an amazing insight into the world of youth mental health. Kim was a fantastic instructor who is knowledgeable and passionate about mental health. I would truly recommend to this course to anyone from parents to social workers...”*