

JTLeadLikeAGirl Online Program Overview

SESSION ONE: INTRODUCTION TO JT AND THE JT ACADEMY

Objective: We aim to introduce our JTA program, objectives and clear expectations to our young people, while developing positive partnerships with them. During the first session, the young people are welcomed, feel safe and attain a high understanding of expectations and deliverables.

Activities:

- **Who Am I activity:** Who am I story individual exercise that allows the JTA team to get to know the young person.
- **Reflective Freddo Frogs:** Individual reflective exercise conducted at the end of each session. **Resources:**
Cadbury Freddo Frogs

SESSION TWO: BUILDING THE TEAM

Objective: We aim to build a strong, safe team with our young people, using therapeutic interventions and psychosocial activities. During this session we will be creating a positive community and allowing our young people insights into different personalities and behaviors.

Activities:

- **Johnathan Thurston Trivia:** Pairs / group to support the young people to get to know Johnathan Thurston on a personal level with the aim of team building.
- **Reflective Freddo Frog:** Individual reflective exercise conducted at the end of each session.

Resources: Cadbury Freddo Frogs, Johnathan Thurston Trivia Video, Trivia fill-out sheet, Prize (To be discussed with support team)

SESSION THREE: CONFIDENCE

Objective: We aim to build confidence in our young people, within a safe learning environment. During this session we will focus on kindness and strength-based activities, via evidence-based learning, prosocial modelling, strengths-based frameworks, and storytelling.

Activities:

- **Kindness and strength skills:** Pair Activity to demonstrate acts of kindness choosing strengths for allocated partner.
- **Reflective Freddo Frog:** Individual reflective exercise conducted at the end of each session. **Resources:**
Strengths cut outs, Cadbury Freddo Frogs

SESSION FOUR: COURAGE

Objective: We aim to express vulnerability in our young people and develop their power of being courageous. During this session we will focus on the power of words of encouragement, working collaboratively and leaning on one another.

Activities:

- **Letters of Courage:** Group exercise providing words of encouragement to their peers.
- **Reflective Freddo Frog:** Individual reflective exercise conducted at the end of each session.

Modified activities:

- **Courage scenarios:** Reflective exercise to support young people to analyse courageous scenarios.
- **Courageous quotes colouring:** Mindfulness activity to assist young people to engage in an open discussion about "courage".
- **Reflective Freddo Frog:** Individual reflective exercise conducted at the end of each session.

Resources:

- Paper and Pens
- Texters and pencils
- Colouring pages

SESSION FIVE: SELF BELIEF **Objective:**

We aim for our young people to harness the courage to believe in themselves. This is inspired by Johnathan Thurston's story. During this session the young people are encouraged to believe in themselves, this is achieved by engaging in interactive activities that encourage the YPS to step out of their comfort zone.

Activities:

- **Chair Roulette:** A group exercise practicing their belief in themselves by stepping out of their comfort zones. This is achieved by the YP getting up from their chairs. If a statement refers to them, the YP left standing will have to choose a question.
- **Self-belief Challenges:** Individual self-belief challenge, requiring the young people to get out of their comfort zone.
- **Reflective Freddo Frog:** Individual reflective exercise conducted at the end of each session.

Modified activities:

- **Self-belief hand up:** Using Johnathan Thurston's handprint and his example, the young people are encouraged to identify people who believe in them. Following from this the youth are to make the handprint uniquely their's with creativity.
- **Self-Belief quotes colouring:** Mindfulness activity to assist young people to engage in an open discussion about "courage".
- **Reflective Freddo Frog:** Individual reflective exercise conducted at the end of each session.

SESSION SIX: INTERVENTION BUILDING RESILIENCE

Objective: We aim to develop resilience in our young people. During this session personal hardships and environmental factors that can affect young people's experiences will be explored.

Activities:

- **Motivational interviews:** an activity that is conducted in pairs. The young people are guided to ask a peer question that they wouldn't normally ask. Then this is to be presented.
- **Using your voice Traffic light exercise:** Activity to assist young people to navigate their own emotions and feelings by having raw open discussions about the key systems in their lives.
- **Reflective Freddo Frog:** Individual reflective exercise conducted at the end of each session.

Resources:

- Red, green and yellow pieces of paper.
- Cadbury Freddo Frogs
- Blue Tack
- Print out Motivational interview worksheets.

SESSION SEVEN: INTERVENTION BUILDING AND SEEING THE GOOD (CBT)

Objective: To empower the young people to demonstrate gratitude and to hear from unique individuals who have overcome life obstacles and have found life solutions. This is supported using strengths-based approaches and Cognitive Behavioural Therapy.

Activities:

- **Videos and Reflection:** A story telling approach to empower young people to change their way of thinking.
- **Positive and Empowering Social Media Q and A.** A group practice of sharing Instagram/ social media accounts that reflect good thoughts.
- **Gratitude Journal:** Providing young people with support to reflect on what is going right to change negative thought processes.
- **Reflective Freddo Frog:** Individual reflective exercise conducted at the end of each session.

Resources: Chairs, Paper, pens and envelopes, Cadbury Freddo Frogs

SESSION EIGHT: INTERVENTION HANDLING THE REPTILE

Objective: We aim to develop young people's resilience in the online realm and how to take the negative effects from online world and giving them the tools to handle these matters with great resilience.

Activities:

- **Words have power:** Led by the JTA team, the young people will be called to the screen individually. One at a time the youth will be showered with words that will empower them. By this stage the JTA team would have built a strong therapeutic relationship with each young person.
- **Youth art exercises:** young people creating art, while having open and honest conversations.
- **Reflective Freddo Frog:** Individual reflective exercise conducted at the end of each session.

Modified activities:

Resources: Art supplies, Cadbury Freddo Frogs

SESSION NINE: INTERVENTION ONLINE STORY TELLING

Objective: We aim to introduce young people to a range of role models who have overcome life's challenges. During this session the young people will reflect on pre-recorded videos and engage with guest speakers attending the online platform. We will encourage the young people to prepare their stories for the final session with Johnathan Thurston.

Activities

- **Story Telling Role Model Guest Speaker:** A chosen individual who has overcome life challenge will come online and share their story with the young women.
- **A reward lunch:** For all young people in remand who participated in storytelling.
- **Preparation for session ten:** Template provided for young people to share their stories.
- **Reflective Freddo Frog:** Individual reflective exercise conducted at the end of each session.

Resources: Preparation worksheet, Lunch, Cadbury Freddo Frog

SESSION TEN: ONLINE SESSION WITH JOHNATHAN THURSTON (REWARD)

Objective: We aim to recognise, appreciate and celebrate our young people's hard work and personal growth. During this session the young people will meet Johnathan Thurston, via Microsoft Teams and demonstrate their confidence, courage and self-belief. A group photo will be taken during this celebration.

Activities

- **Utilising story-telling template:** Pre-recorded video by chosen individual who has overcome life challenge.
- **Reflective Freddo Frog:** Individual reflective exercise conducted at the end of each session. **Resources:**

Certificates, Lanyards, Cadbury Freddo Frogs