

The Principal
[Schol Name]
[Suburb]
[Date]

Dear *[Insert Principals Name]*

I am writing to see if you would be interested in us partnering to support young people with a resilience program in your school. The program is free and an opportunity for us to collaborate and support young people to thrive at school and in life.

The resource is called Positive Lifestyle Program For High-schools (PLP – For Highschools). It is a personal development program for teenagers. It is designed to be run in small group settings in high schools.

PLP – for highschools is based on the Positive Lifestyle Program, a resource that has been used for over 30 years in Australia to aid people's personal development.

The material uses activity-based learning and reflective pedagogy to help young people grow their self-awareness and develop life skills.

The program focuses on eight key areas to help young people develop:

1. Self-awareness: Introduction to self-awareness.
2. Decision-making: Decision making strategies.
3. Self-esteem: help young people grow in self-esteem by recognizing who they are and what they have to offer.
4. Feelings and emotions: to explore common emotions that impact our lives and strategies to appropriately express them.
5. Anger: to recognise when we feel angry, things that make us angry and positive ways to express our anger.
6. Assertiveness: to look at the ways we behave and learn to be assertive.
7. Relationships: to understand and build healthy, safe relationships.
8. Future directions: to learn to set effective and achievable goals for change.

Sessions are designed to be easy to prepare and resource. Where the program is facilitated by Salvation Army personnel. All personnel will have completed mandatory checks and training for working with young people.

It would be great if we can meet to talk further about what having this program at your school could look like.

Looking forward to hearing from you and exploring ways to support the young people within your school.

[Your Name]

[Your Role]

[Your Contact Details]

www.salvationarmy.org.au/youth-ya/plp-for-high-school/

**I am kind, I am brave, I am smart, I am strong,
I am honest, I am thankful**

