

# Positive Lifestyle Program For High Schools

Positive Lifestyle Program For High Schools is a personal development program for teenagers. It is designed to be run in small group settings in high schools.

The program 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 their life skills.

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

1. Self-awareness: to grow in our self-awareness.
2. Decision-making: to improve our decision-making skills.
3. Self-esteem: to recognise that you are a unique person with worth and significance.
4. Feelings and emotions: to explore common emotions that impact our lives.
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.

The program uses games, activities, and discussion to help young people explore these concepts and develop skills in each area. Sessions can be run in small groups from 30-60 minutes. Guides for facilitators and workbooks for participants are provided.

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 minors.

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

