

‘We Made it to Here’

Disaster Resilience Schools Presentation

‘We Made it to Here’ is a single period presentation for delivery to student year groups, designed to:

1. Support young people on the Central Coast in processing the unpredictable events that have taken place in recent times (such as the 2019/20 bushfires and the COVID-19 pandemic).
2. Prepare young people and school communities with practical tools and principles for facing unpredictable events that may occur in the future.

The presentation has been produced by Lead by Story and designed collaboratively with input from headspace staff and clinicians, research from Phoenix Australia and Emerging Minds, and a series of co-design sessions with young people in several schools on the Central Coast. The content takes a ‘strengths based’ approach and aims to acknowledge young peoples current challenges and lived experiences while pointing towards hope and healthy possibilities for growth.

The presentation has been designed to be highly engaging for young people and includes:

- Video and audio recordings of local young people communicating with their peers in mind.
- Real stories of young people on the Central Coast impacted in a range of ways by unpredictable events.
- Interactive elements and opportunities for young people to engage with the principles from their unique context and perspective.
- Other creative elements including song lyrics, spoken word poetry and memorable key phrases designed with the creative input of young people.

Additional digital content

The presentation will be augmented over the course of 2021 with the ongoing release of digital content aimed to empower young people, educators and carers to continue to engage with the ideas in greater depth. At each school presentation, all young people and staff present will be given a physical card with a QR code enabling access to digital resources such as:

- Videos of young people sharing their stories
- An original podcast series integrating young people’s stories with clinical education
- Recommended apps, services and mental health resources

Watch this video to hear more:

<https://drive.google.com/file/d/1PTepGic6puRj73DqyR8LCBl0viDwXGem/view?usp=sharing>

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