

Ballarat Community Health

SECONDARY SCHOOL 2020 HEALTH PROGRAMS

Ballarat Community Health's health & wellbeing support programs are:

- tailored to meet the individual needs of your school, students, staff and/or school community
- aligned with the Victorian curriculum - Health & Physical Education, SunSmart, Be You, Healthy School Canteens, Staff Health & Wellbeing, Achievement Program Framework + more
- **FREE of charge***!

Please note all bookings require a minimum of 4 weeks notice.



STUDENTS



TOBACCO, ALCOHOL & OTHER DRUGS:

With a harm minimisation lens we touch on how drugs impact lifestyle, physical & mental health; decision making; risk taking; consequences relating to smoking, alcohol & other drug use. Classroom, small group and/or individual sessions available.

BODY ART & HEPATITIS C:

Decision making and the consequences of body art (particularly self-tattoos, piercings and branding). Enables students to better understand transmission and prevention strategies for Hep C.

POSITIVE RELATIONSHIPS:

Short performances and discussion illustrating how gender inequality and controlling behaviour correlate with domestic violence. Includes bystander strategies and calling it out. Aligned with DET-Resilience, Rights & Respectful Relationships: topic 7 & 8 ONLY. Age appropriate.

PROJECT TRIBE (MENTAL ILL-HEALTH EXPERIENCE): Year 8 & 9

Tash shares her story of bullying and family violence, and the flow-on effects for her mental health. Includes lived-experience conversation around anxiety, depression and disordered eating.

BCH SITE TOURS:

Provides students with an understanding of BCH, services, locations, costs etc. This session can also include teen health issues.

NUTRITION & HEALTHY EATING:

Nutrition and food education sessions targeted at specific age groups. Learn about food groups, food variety and understanding food relationships and assistance to implement a healthy school canteen and healthy eating policy.

MENTAL HEALTH & WELLBEING:

Run by headspace we teach young people resilience, how to access mental health services and how to maintain good mental health.

GENDER DIVERSITY:

What is LGBTIQ+? How to challenge stigma. Inclusive and supportive environments for same sex attracted, intersex and gender diverse students, staff and families.

ANTI-BULLYING: Year 7 & 8

Focusses on peer group influences, cyber bullying and resilience strategies, we help students identify what behaviours may lead to bullying and what to do if they are/see someone being bullied.

RELATIONSHIPS & SEXUALITY (SEXUAL HEALTH):

Encourages open conversation amongst young people and their partners about consent, respectful relationships, decision making, contraception and sexually transmitted infections (STI's).

To book contact **Bridget Campbell:**
(03) 5338 0515
BridgetC@bchc.org.au

STAFF



STAFF HEALTH & WELLBEING:

Ballarat Community Health has a range of highly skilled health professionals available to deliver education sessions, programs and information at your workplace. We can help maximise the health and wellbeing of your staff.

Programs currently available include:

- Employee health checks
- Health & wellbeing presentations
- Employee Assistance Programs
- Workshop and activities
- Corporate gym programs.
- Flu shots

*PLEASE NOTE: there is a cost associated with some staff health and wellbeing programs.

For more information please contact:
(03) 5338 4500
workplacehealth@bchc.org.au

WHOLE SCHOOL



HEALTHY SCHOOL CANTEENS:

Tailored support for schools to successfully implement a healthy school canteen, to meet the Australian Dietary Guidelines and needs of the school community.

Support includes:

- Whole-school approach to healthier eating, inc. input from students, family, staff and canteen staff
- Healthy eating policy for long-term success

- Free training on healthier food and drink choices, using the traffic light system.

SCHOOL HEALTH & WELLBEING POLICIES:

BCH recognises the importance of school leadership and commitment to the health and wellbeing of students, staff and the wider school community. We support schools to implement policies that promote, strengthen and ensure sustainability of health and wellbeing initiatives.

Health priority areas include:

- Sunsmart
- Healthy School Canteen
- Physical Activity & Movement
- Mental Health & Wellbeing
- Safe Environments
- Tobacco, Alcohol & Other Drugs
- Sexual Health & Wellbeing

For more information please contact **Tameaka Lakey:**
(03) 5338 4500
TameakaL@bchc.org.au