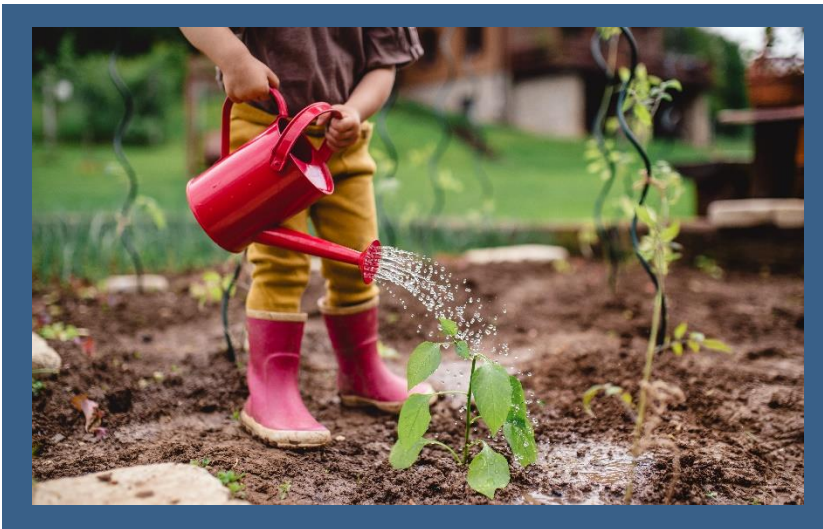


ACT Up! Learning our core values, building acceptance and promoting psychological flexibility



Suitable for

Students in Years 7 – 12 who would like to learn how to understand their values and identity, build self-esteem and combat negative thinking patterns.

Format

- 8-12 students per group.
- Weekly 1 hour workshops for 4 weeks.
- Led by Brighton Secondary School's psychologist and youth worker who can continue to support students to practice the strategies after the program is completed.

Session Outline

Sessions 1: What are personal values and identity, and what gets in the way of acting in line of our values?

Session 2: How to get “unstuck” from negative thinking patterns.

Session 3: Increasing awareness of unhelpful thoughts, and committed action to improve our wellbeing.

Session 4: Piecing it all together and looking after our overall health.

The program uses an evidence-based Acceptance and Commitment Therapy (ACT) approach

Students will learn:

Information about why values are important, and how to find what their values are. Building self-esteem, positive habits, and strategies to “unhook” thoughts that take us away from behaving in line with our core values.

A shared language that students and staff can use to talk about unhelpful thinking styles and behaviours when it impacts on classroom engagement and wellbeing.

A set of tools and strategies to combat negative automatic thoughts and to bring our awareness back to the present moment when feeling overwhelmed.

For more information, contact:

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