

Get Growing

A safe space for young minds to grow.

The latest news in mental health support for young people.

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GROW Australia

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A safe space for young minds to grow

GET GROWING provides an early intervention gateway to managing mental wellbeing in teens using a structured, safe, peer group setting, where students are encouraged to share their stories, challenges, successes and progress with each other, whilst offering mutual support.

GET GROWING works as it is underpinned by conclusive research which shows that young people are significantly influenced by their peers and that peer to peer support is very effective.

What makes GET GROWING unique is that it is not a presentation for large groups or class education module, rather is an evidenced based peer to peer support program. Delivery is in small groups that builds on a community of support while learning they are intrinsically valuable equals who share similar problems.



From Bully to Best Friend

Program Testimony: In a year 7 all boys group, Paul was a big fella, approaching 6 feet tall, with the build of a rugby player. Paul was rowdy, pushy and didn't like being told what to do. He and some other boys seem to have it in for one guy.

Slight built, slim, and short, Tim looked a lot younger than his real age. Week after week we struggled to keep the bullies at bay as they provoked and harassed Tim endlessly.

Around session 6 of the GET GROWING program, young Tim spoke about his hobby, learning to fly an aero plane. This was met with surprise and genuine admiration, including our Big Fella, Paul. From that week on, Paul stayed close to Tim. The two had become buddies and Paul was openly protecting his smaller buddy. Tim was able to enjoy a great friendship free of the harassment that plagued him for years. It was a joy to witness the behavioural change.

Pandemic Toll on our Teens

Leading mental health organisations for young people are reporting being inundated with unprecedented levels of demand and increasing complex needs of those seeking help as a result of COVID19. School wellbeing teams are reporting a massive increase in depression, suicidal ideation, and self-harm behaviours. Students are struggling to integrate back into the school routine and their ability to interact with friends had suffered. Social isolation has been particularly tough on teens, who are at a stage in mental development when they are seeking independence from parents and companionship from peers. But because of the pandemic, there has been a collective awakening about the importance of mental health to overall wellbeing, and it's reducing stigma. GROW can help.





Rebuilding friendships

The pandemic disruptions bred anxiety and depression as daily schedules crumbled with the loss of sports, music, and other extracurricular activities. Texting and social media proved a poor substitute for face-to-face connections. We know teens' social skills suffered during the long months in isolation, making even simple conversation feel awkward and working through conflicts more difficult. On top of that, the "stress buckets" are overflowing!

GET GROWING is delivered in a peer group setting where young people are encouraged to share their stories, challenges, successes, and progress with each other, while offering mutual support. GET GROWING provides a safe place for teens to improve resilience, greater self-esteem, self-acceptance, healthier friendships, increased motivation and better academic performance.

Defence against life stresses

"Strong social relationships are our most important defence against major life stresses."

Professor Ian Hickie, University of Sydney.

With the pandemic now into its 3rd year, without intervention, teens are going to suffer, and it's going to be a long-term injury. There are serious long-term consequences of chronic childhood stress. It can alter the structure of the brain and nervous system, which impacts learning, memory, decision-making, and more. GET GROWING can be delivered in schools where teens are six times more likely to complete support programs when offered there. Now more than ever, GET GROWING is important to provide teens with the tools to build resilience.





Meet Caitlin

The GET GROWING Program is facilitated by qualified program workers who have a passion to positively impact on the lives on young people today. Meet Caitlin (and best pal Archie).

"Over the last two years, we have all experienced challenging times, however for our young people their social and emotional development has been significantly impacted. Addressing this, I strongly believe in the GET GROWING program. I am delighted to be facilitating this well researched and content rich program across Victoria in 2022. When I was in high school, I would have greatly benefited from a program like GET GROWING, this is why I am so passionate about being a facilitator of the program and can't wait to support and provide a safe space for our young minds to grow." Caitlin - GROW Program Worker

GET GROWING now available in VIC!

The GET GROWING program has been running successfully since 2014 in SA, NSW, NT, WA, and QLD. We have delivered to over 90 school groups, embracing 1200+ young people and are now thrilled to trial GET GROWING in Victoria.

ENQUIRIES

Enquiries for 2022/2023

Please contact our National Office

national@grow.org.au or

P: 1800 558 268





Testimonials

My feedback about this programme:

EFFICIENT - Booked and started in a VERY short time span.

EXCELLENT – Products, email templates, safety checks, liaison with organisation aspects - all done to a degree of excellence that we do not often see

FRIENDLY – every encounter with all staff was positive and there were no blocks (which often happen) as we set up the programme. We now have 2 very successful mental health and wellbeing groups that are running in our school. It is almost unheard of to have this kind of service delivery in today's climate and we feel very blessed to be able to have access to this service.

Wendy Jolley, Student Wellbeing Leader, Woodville Primary School, SA May 2022

Nightcliff Middle School is so appreciative of the Get Growing program at our school. The lessons the students learned were invaluable to their growth and wellbeing. Learning to see their own value and worth, discover their strengths and be able to empower other is such as amazing gift. Grow provided a space that was not only safe for the students but welcoming. Students were allowed to share and express their thoughts with out judgement. The Get Growing material was very valid for today's child. Learning about friendships and what is their realm of control is a great life skill to have. Students have taken away tools that they can use in everyday life. Tools practiced in the sessions and reinforced. I truly believe it has given students an insight into their values and core beliefs. Thank you.

Amanda Loos , Department of Education NT

Grow has been a wonderful addition to our school this year. I believe Get Growing has had a significant impact on the students. I have noticed an improvement in peer relationships, but also in their ability to reach out and ask for support from the school, their trust in adults has increased. We are very excited to have Get Growing continue. *Monterey Secondary School VIC*

The communication, organisation and flexibility has been great. Caitlin has managed everything well for our group and has been great to engage with. The kids have loved going to the Get Growing session. *Aldercourt Primary School VIC*

The GROW program has been supportive to our students that are challenged with their home lives. The program activities benefit their social and emotional wellbeing. This is an area that our students need support and improvement on. Well done GROW and can't wait to see more from our students! *Mahogany Rise Primary School VIC*

