



# Supporting Year 12 students transition out of school

**Online workshops delivered by headspace Schools & Communities**

**Calling all Year 12 classes across Australia – join us for a FREE online workshop!**

The Mental Health Education Program is delivering workshops for Year 12 students transitioning out of school, to prepare them for the changes ahead.

Our student workshop aims to support students to:

- Understand how change and transitions can impact their mental health
- Understand common responses and concerns with leaving school
- Learn strategies to support themselves and others during the transition out of school
- Explore supports that can help them with the transition.

**Where:** Online via Zoom.

The Mental Health Education Program is a Schools Suicide Prevention Activities Initiative, headspace Schools & Communities, funded by the Australian Government.

**When:** Visit [Eventbrite](#) to for dates and times.

**How to register:**

[Click here](#) or scan the QR code below to register via Eventbrite.



After registering, you'll receive a confirmation email from Eventbrite which will include the Zoom meeting link to access the webinar.

Before the session you'll receive the student worksheet to print and have ready for your students.

**Want to know more?**

Turn over leaf for FAQs about the workshop. If you have any questions, email us: [MHEP@headspace.org.au](mailto:MHEP@headspace.org.au)



# Frequently Asked Questions (FAQs)

## How will the workshops be delivered?

The workshops will be delivered online via Zoom and streamed live into classrooms. Please speak with your IT departments to ensure you have access to the Zoom online platform. We ask that teachers log into the sessions and stream the workshop via a projector screen for all students to view as a group. Please **do not** share the Zoom link with students to log in individually using their own devices.

## What technology do we need?

To participate in the workshops, you will need access to Zoom, a projector and speakers to live stream the session. You will also need to access the Zoom chat box via a keyboard and functioning microphone, should your students wish to share their ideas with the wider group via your computer.

## Do we have to have our cameras on?

Whilst it is not compulsory to keep your cameras on, we encourage that you do where possible so that each group can see each other, and the facilitators can see what is happening in each classroom. We understand that local school guidelines or internet connections may limit whether your group can have their cameras on.

## What if the time slots sit between two periods? Can we adjust the time of the workshop?

These workshops are offered to classes across Australia so we are unable to shift the times. We recommend setting up a separate space in the school with staff supervision for students to opt in to attend. Staff **must be present** during these workshops, to supervise the students and support their engagement in the workshops.

## How long are the workshops?

The workshops run for 1hr 15mins. 60 mins for content and activities and 15 mins at the beginning to ensure everyone can log in and ensure their technology is working.

## How many classes can register from my school?

Any Year 12 class from your school is welcome to join us for our online workshops. Your classes are welcome to register separately or together as a whole cohort. Please be mindful of the extra staff support needed if you are combining your groups. If the time slots do not fit with your timetable, we suggest setting up a separate space in the school with staff supervision, for students to opt in to attend.

## What happens if the time slot I want is full?

We recommend registering for another session or joining another class from your school if they have already registered and combining your class groups. Classes can also register for the waitlist for their preferred time slot on Eventbrite, in the event another class cancels their registration. If schools register for a waitlist, they will receive a classroom activity to complete with their students in their own time.

## What is my role as a teacher during the workshops?

Teachers are required to supervise the students and manage behaviour throughout the session. We also ask that they support the group to engage and actively participate in the workshop discussions and activities. It is also important for teachers to monitor the wellbeing of students throughout the session and check in on anyone who they feel may have been impacted by the workshop content.

## What mental health topics will the workshop cover and what if one of our students has recently been impacted by a tragedy or other critical incident?

Our workshops discuss general mental health and how it may be impacted during periods of transition. We also promote help-seeking and encourage young people to reach out to their families and teachers if they need any support. If you're aware of a student in your class who may find these discussions upsetting, please speak with their families and give them the option to opt out

If your school has recently been impacted by a critical incident or suicide death, please connect with the Be You team in your state or territory for support. Please click [here](#) to find contact details for each state and territory.

## What if my class misses out?

There are limited spots available for our online workshops. Please register for the waitlist for your preferred time slot, in the event that another class cancels their registration. Anyone on the waitlist will be sent a classroom activity to use with their students in their own time.