



LAUNCESTON CHRISTIAN SCHOOL

TRJ

PARENT GUIDEBOOK



1

AFFIRMING PARENTS

2

LCS CONTEXT

4

AIMS AND INTENTIONS

6

COURSE CRITERIA AND THE 6 C'S OF LEADERSHIP

8

COURSE OVERVIEW

9

WORDS FROM THE COMMUNITY

17

FREQUENTLY ASKED QUESTIONS



☆
What's
inside?

Affirming our Parents



Parenting is not easy, even at the best of times. Although every child can be challenging in their own way, parenting teenagers well is a commonly hard concept to grasp. We want to affirm and honour the work of parents in raising their children so far.

As teachers of the Rite Journey, it is our intention to work with you in supporting your child as they mature and start to step away from their childhood years. We are here to listen, to discuss issues, to support and to help in any way that we can. It is our prayer that we might offer a space for your child to reflect and discuss some of the issues that are of import to them and to encourage them to continue these discussions in more depth at home with parents and with their trusted mentors.

Please know that as a parent, you are a crucial part of the Rite Journey and we rely on your support throughout the year.

HEAR, MY SON, YOUR FATHER'S
INSTRUCTION, AND FORSAKE NOT YOUR
MOTHER'S TEACHING, FOR THEY ARE A
GRACEFUL GARLAND FOR YOUR HEAD AND
PENDANTS FOR YOUR NECK. PROV. 1:8-9.



Loving God,

You watch over us with the care and devotion of a loving parent.
Bless all parents and give the strength to follow their path.
When they are beset with anxiety,
Assure them of your ever-presences.
When they doubt their capabilities,
Encourage them through your sacred Word.
When they find their roles and responsibilities overwhelming,
Open them to surprise and wonder.
May the Spirit of your life and love illuminate their path,
And give them strength, endurance, and a heart for the journey.
In the name of your blessed Son, Jesus Christ, I pray.

Amen



Our LGS Context



HOW DOES THE RITE JOURNEY EMBODY THE VALUES AND BELIEFS OF OUR CHRISTIAN PERSPECTIVE?

Our school has a commitment to 5 core values:

CORE VALUES

- To live in obedience to God
- To act with humility, integrity and fairness
- To work with creativity and diligence
- To encourage participation and teamwork
- To be trustworthy and accountable to each other



The Rite Journey is a program that aims to offer a space where students might engage, reflect and embrace these values in various contexts. The Rite Journey encourages students to make a distinction between the past and the future, looking back as children and aiming forward, towards adulthood. The Rite Journey offers a rite of passage for young people within our school community, ethos and mission, one that ultimately seeks the growth of character in our young people, to the end of honouring and glorifying our Creator.





Aims and Intentions



From The Rite Journey Website:

For over 20 years The Rite Journey has been providing unique educational programs in schools and organisations designed to support the development of self-aware, responsible, respectful, resilient and resourceful adults. By raising young people's consciousness about transitioning from child to adult & having conversations with them about what really matters we can assist in guiding their journey into adulthood. Our year-long program uses a Rite of Passage framework to deepen the students' experience of this important life transition.

The Rite Journey is a year-long program designed to:

- acknowledge & celebrate each student's shift into adulthood
- offer conversations & experiences to guide this transition
- foster connections with positive adult role models
- educate & include parents/carers in the process
- connect students with their strengths & build self-awareness
- transform school culture by developing responsibility

ALONE WITH NONE BUT THEE, MY
GOD, I JOURNEY ON MY WAY.
WHAT NEED I FEAR, WHEN THOU ART
NEAR O KING OF NIGHT AND DAY?
MORE SAFE AM I WITHIN THY HAND
THAN IF A HOST DID ROUND ME
STAND. (COLUMBA, c.521 - 597)



STUDENTS ARE ASSESSED ONCE PER TERM ACCORDING TO THE FOLLOWING CRITERIA
AND THE YEAR 9 HEALTH ACHIEVEMENT STANDARDS:



1 CONFIDENCE

- ABILITY TO SOURCE CREDIBLE HEALTH INFORMATION TO AID IN SOLVING PROBLEMS AND JUSTIFYING ACPPS095)

2 COURAGE

- ABILITY TO DECIDE AND ADVOCATE IN ORDER TO AID COMMUNITY SAFETY AND WELL-BEING ACPPS091, ACPPS092, ACPPS096

3 COMMITMENT AND CONSIDERATION

- ABILITY TO EXPRESS MATURITY, DISCERNMENT AND WISDOM IN RESPONSE TO RELEVANT TOPICS
(IDENTITY, RELATIONSHIPS, DECISIONS, BEHAVIOURS) ACPPS089

4 COURTESY

- ABILITY TO REFLECT, EVALUATE AND ADAPT EMOTIONAL RESPONSES ACPPS094

5 COMPASSION

- ABILITY TO EXPRESS EMPATHY AND COMPASSION FOR DIVERSE OTHERS ACPPS093, ACPPS098, ACPPS089



Our 
Criteria



THE SIX Cs OF A LEADER'S HEART



IN HIS BOOK *DESIGNING 2050*, PETER ELLYARD EXPLORES THE QUALITIES THAT HE DEEMS ARE IMPORTANT TO LEADERSHIP.

Leadership involves both what I call the 'neck up' components of the intellect and the rational thinker and the 'neck down' aspects of the emotional realm. Moreover, people are connected to leaders by an emotional connection as well as by a shared vision, and this emotional connection arises out of what I call 'heart power'. Leadership needs heart power: the amount and kind of heart power we possess defines the kind of leader we are. Over the last fifteen years I have worked with clients on leadership development and I have examined what the key emotions are connecting the leader with others, and what the key emotional qualities are which the leader should embody to make people want to give loyalty to them. If one considers great leaders such as Nelson Mandela or Martin Luther King, we notice that they possess six qualities in abundance, all of which are heart-derived rather than head-derived." (*Designing 2050*, p. 125)

In personal conversation Peter has noted that there is a blend of both masculine and feminine qualities:

- Confident: having self belief but without hubris (Masculine)
- Courageous: going where others dare not, overcoming self interested opposition (Masculine)
- Committed: doing what must be done, being assertive not aggressive (Masculine)
- Considerate: listening and responding to the opinions and views of others (Feminine)
- Courteous: showing respect in conversation (Feminine)
- Compassionate: responding with empathy to victims/disadvantaged (Feminine)

It is interesting to note that the great male leaders have displayed both the masculine and feminine qualities (Nelson Mandela, Gandhi, Martin Luther King, Christ) as have the great female leaders (Joan of Arc, Helen Keller, Jane Goodall, Caroline Chisolm, Aung San Suu Kyi). Peter goes on to discuss the six Vs of the leader in action: Vision; Values; Virtues; Venturers; Voyages; Vehicles.



Basic Course overview



A DETAILED SCOPE WILL BE PUBLISHED ON THE HUB
AT THE START OF EVERY TERM.

TERM 1 – WHO AM I REALLY?

The Calling
The Departure
Canberra Trip
My Family
Important Adults
My Story
Head Challenge – Hollybank
Adventures
TRJ Cup

TERM 2 – HOW DO I GET ALONG WITH OTHERS?

Body Image
Social and Societal
Expectations
Emotional literacy –
Empathy/Guilt/Shame
Social Media and Technology
Difference and the 'Other'.
Friendship
Gender
Respectful Relationships
Sex and Consent
Heart Challenge – Dancing
TRJ Cup

TERM 3 – WHAT ELSE IS THERE?

Happiness and Awe
Wisdom
Peace
Silence
Prayer
Belief and doubt
TRJ Cup – Final
Hands Challenge – Fundraising
Challenge

TERM 4 – WHAT IS MY PURPOSE AND WHAT DO I HAVE TO GIVE?

Risk Taking
Drugs and Alcohol
Personal Responsibility
Looking Forward
Head, Heart, Hands Challenge –
Solo Camp
The Return
Homecoming Celebration



SOME THOUGHTS FROM THE

Community

The following pages contain some thoughts and perspectives on various aspects of the Rite Journey from a range of voices in our community: fathers and mothers, pastors and teachers. As you read, you might gain a sense of the rich experience and perspective that we all have to offer, that we might listen, learn and contribute in our own way to God's kingdom here on earth.

FOR JUST AS THE BODY IS ONE AND HAS MANY MEMBERS, AND ALL THE MEMBERS OF THE BODY, THOUGH MANY, ARE ONE BODY, SO IT IS WITH CHRIST. FOR IN ONE SPIRIT WE WERE ALL BAPTIZED INTO ONE BODY—JEWS OR GREEKS, SLAVES[D] OR FREE—AND ALL WERE MADE TO DRINK OF ONE SPIRIT.

FOR THE BODY DOES NOT CONSIST OF ONE MEMBER BUT OF MANY. IF THE FOOT SHOULD SAY, "BECAUSE I AM NOT A HAND, I DO NOT BELONG TO THE BODY," THAT WOULD NOT MAKE IT ANY LESS A PART OF THE BODY. 16 AND IF THE EAR SHOULD SAY, "BECAUSE I AM NOT AN EYE, I DO NOT BELONG TO THE BODY," THAT WOULD NOT MAKE IT ANY LESS A PART OF THE BODY. IF THE WHOLE BODY WERE AN EYE, WHERE WOULD BE THE SENSE OF HEARING? IF THE WHOLE BODY WERE AN EAR, WHERE WOULD BE THE SENSE OF SMELL? 18 BUT AS IT IS, GOD ARRANGED THE MEMBERS IN THE BODY, EACH ONE OF THEM, AS HE CHOSE. IF ALL WERE A SINGLE MEMBER, WHERE WOULD THE BODY BE? AS IT IS, THERE ARE MANY PARTS, YET ONE BODY.

1 CORINTHIANS 12:12-19



A LIFE OF MEANING

My approach is to ask boys to think about the current role models they currently have and to consider Jesus as their guide as they try to figure out what life is all about. Even though many have not yet made sense of the Christian Gospel, I believe they need to be gently challenged about what they would like to achieve in life and to whom they will look for help. Best friends, social media contacts, teachers, coaches, mentors and even parents may come and go, and will sometimes give faulty advice, even with the best intentions. They may not always set us the best example, but a faith in Jesus will connect them to a Saviour, a God who always gets it right and never changes. Once they've committed their lives to Him, they have a foundation for life which can be totally relied upon and trusted.

This Ultimate Best Friend and Confidante will love them unconditionally, even when they fail and He will stay with them 24/7, no matter what. Many other influences in this world will tend to be fickle, judgemental, short term and destructive, providing only 'fair weather' friendship, but Jesus has already prepared for them an abundant, joy-filled life which will exceed any dream or vision they have. He will tell them whom they really are and fill their lives with confidence to tackle the future.

Ps. Noel Eagling - Father, local Pastor, past TRJ Mentor.



RESPONSIBILITY AND A SENSE OF PURPOSE

Train up a child in the way he should go,[a]And when he is old he will not depart from it - Proverbs 22:6 (NKJV)

Defending the besieged town of Mafeking from a large Boer force during the Anglo-Boer war in South Africa, were a few hundred soldiers under the command of Col. Robert Baden-Powell. Faced with a desperate situation Baden-Powell turned to and trained up a group of 40 boys aged between 12 and 15 to relay messages, help in the hospitals, and act as scouts and guards. This experience helped to convince him to write, Scouting for Boys, a book that sparked the beginning of what would become a world-wide organisation.

Under the right circumstances boys (kids) can be relied upon to step up and be counted, and having duties and responsibilities to perform, is one way of providing for the right circumstance to foster the sense of purpose that comes from serving others. All too often in our modern, busy and protective world, we do everything for our kids sheltering them from duties and responsibilities out of convenience and fear. By encouraging our kids to take on more duties and responsibilities within the household and in the community we provide them with an opportunity to gain a greater sense of purpose, and in doing so contribute to the building up of their self-esteem and confidence.

Mr Terry Lake – Father and Teacher

THE GOOD LIFE



For me, it isn't possible to have enough. I always seem to find things I need. I simply can't make do with one set of shoes and find myself forever in need of stationery items. I need to coordinate clothes, shoes, and having several of my favourite pencils, expertly sharpened, is critically important.

Then I went to India.

Imagine having to walk for 6 hours to the nearest store. Imagine the only access to your home is a donkey track single file width, down a very steep hill. No electricity. No Wi-Fi. The most valued possession for most in remote Uttarakhand is the family cow. Yet that's life for some of the happiest and most generous people I have ever met.

I had seen the pictures of poverty.

I had heard the facts.

But seeing it with my own eyes was a turning point for me.

We think abundance is about having more. But it isn't about more stuff. A new take on abundance means we value and seek the things that really do matter and give up the pursuit of more stuff. The stuff of abundance can make people shallow and selfish. I think having less may perhaps make people kinder, wiser, and more content.

But seek first His kingdom and His righteousness, and all these things will be given to you as well. Matthew 6:33.

India taught me what abundance is:

Knowing Christ.

Showing love.

Contentment.

Mrs Julie Ferguson – Mother and Middle School Teacher



MASK WEARING

No one likes to be called a hypocrite. And yet that's what we all are to a greater or lesser degree. Jesus called out the hypocrites (literally 'mask-wearers') of his day to stop putting on a false identity and to embrace the truth.

Our boys need to be shown and taught to stand up – physically, socially, mentally, emotionally, and spiritually – for the truth. The Bible teaches us to be people of truth.

Our boys need to realise that being a real man means actively resisting the urge to be a selfish, self-centred, misogynist. That is why Jesus had to die on a cross – to sacrifice himself for our rejection of what is true and good.

Instead, true masculinity comes from having the courage to admit our wrong before God and to have confidence that Jesus has wiped the slate clean. Once our boys hear and believe the gospel and realise that they are accepted and cherished by God they can then have confidence in themselves as they have confidence in Him.

We need to get alongside our boys and constantly show them and teach them the good news that Jesus has made a way for us to dump the false masks we wear, to kill off the old dead selfish identity, and to confidently orient themselves properly in the world.

Mr Nathan Hill – Father and Teacher



THE ROLE OF FAMILY IN THE LIVES OF TEENS

"One generation will commend Your works to another – they will tell of Your mighty acts...and celebrate Your abundant goodness" (Psalm 145:4,7)

"Listen my child to your father's instruction and do not forsake your mother's teaching" (Proverbs 1:8-9)

"He who walks with the wise grows wise; but a companion of fools suffers harm" (Proverbs 13:20)

God-honouring families are relational spaces where the Word of God can be heard; the Ways of God can be learned; the Wonders of God can be celebrated. Fathers shepherding – mothers nurturing – grandparents modelling – uncles and aunts mentoring – and boys and girls becoming the men and women the Lord has designed them to be.

These inter-generational relationships are a blessing from God – without them, the young remain foolish and feeble and the old become stale and stubborn.

And for today's adolescents, in our cyber-connected and COVID-disrupted world, it is these relationships that give stability and support to enable 'young saplings' to deepen their roots and establish their character.

There is no perfect family – and yet even here we see the wisdom of God! In the rawness and messiness of these daily relationships, we learn grace and forgiveness. The Lord does His work of formation and transformation – showing us how we are wired; revealing our strengths and weaknesses; and showing us 'the Jesus Way of Life'.

Dr. Graham Poole - Father



SOCIAL PRESSURE

As a boy, I keenly felt the pressure to conform to societal and cultural expectation. I was not born in Australia and attended six different primary schools during my childhood, each time having to re-establish, re-evaluate and re-address the expectations on me within my new community. Being an outsider was something I was afraid of, and yet as I now reflect, was exactly what I was. In order to allay my fear, I grew adept at reading situations and learning how to fit in – but mostly, I remember the anxiety I felt at my performance being uncovered. What might happen if my new friends branded me a loser, or 'un-cool'? I would be stuck on the outside - alone. What if my Christianity was branded incorrect, wrong or 'sinful'? I would be criticised and shunned. What if my gender was questioned, being labelled 'girlish' or 'gay'? No one would be friends with me. Alone.

As I think about the pressure I felt as a child, the reliance I placed on my mask-wearing to construct what I considered to be my social belonging. I see now that most of the time, my acceptance came at the cost of being really known by my peers, and for me to really know them. It also significantly hindered my ability to know myself. How could I really love, if I wasn't really ever known?

George Lucas once stated, "We are all living in cages with the doors wide open". It's my prayer for young people to have the courage to step forward, to see the value that God has imbued in them as unique works of art, who are made for more. We all need to be wise in the wearing of masks, and not unhealthily dependant on them.

Mr James McGeachy – Father and TRJ Teacher



BODY IMAGE

The world is constantly telling young women that they are not good enough – that they need to change and make themselves more 'beautiful'. That they need to compete against each other for attention and that their worth is determined by their looks...

What a tragic lie.

The truth is that each woman is a beautiful masterpiece, designed by an amazing creator. Their bodies are a precious gift – something to be celebrated and cherished. The Bible states in Psalm 139:14 that they are 'fearfully and wonderfully made'.

I believe that young women need to be encouraged to be thankful for their bodies and know that they are meant to be unique. As my favourite quote says - comparison is the thief of joy. Instead of competing to find their worth, young women should encourage and empower each other.

My hope is that young women feel secure in their identity – that they know their immense worth and value. That they learn to become more confident and positive about their bodies. That they realise what true beauty is all about – being authentic, showing kindness and reflecting God's love.

Mrs Bonnie Armstrong – Mother and TRJ Teacher

PERSONAL AND SPIRITUAL GROWTH

When our students are supported in their development by teachers who have a personal relationship with Jesus, and a commitment to present content with a Biblical perspective, it is a real blessing. Knowing that the teaching and learning at school supplements and is consistent to that of the home and church is incredibly encouraging, especially in challenging times, as adolescent girls contemplate the difficult questions about their identity and life purpose. The modelling and respectful relationship between teacher and student that develops during these years of change is invaluable, sometimes the true impact is not recognised until much later in life.

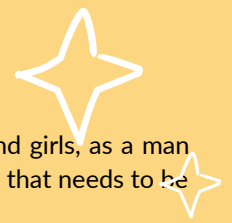
As a parent of a girl who spent all her schooling years prior to university at LCS, I am so thankful for the supporting input of those teachers who spoke into that space at a critical time of her life. Now as a mature adult, she continues to reflect positively and with deep gratitude on the impact that her teachers had on her emotional and spiritual development. The saying about how it takes a village to raise a child has truth. God has created us to be in community for a reason.

Proverbs 22:6 Start children off on the way they should go, and even when they are old they will not turn from it. At a CEN state conference presentation, I remember a Board Chairman making a comment about the importance and gratitude he had when he knew that any question posed by an adolescent in our schools would be answered in a way that contained and honoured Biblical truth. This is what happens in a Christian School classroom. Teachers are called to be faithful in encouraging our young people to feel free to ask the burning questions. Where else do they go for the answers? Sadly, not always to parents; mostly to friends, social media or the internet.

The topics that TRJ explores are relevant to our adolescents. The facilitation of the program provides many opportunities for students to have "safe" discussions and led in a way that leads back to God's purposes and will. The relationship between the teacher and student group is built on trust and integrity. Listening to some of the girls tell me about their time in TRJ last year, I was truly encouraged by how many of them spoke about how much their sessions together helped them to better understand and gain confidence in themselves, and each other. Many of the girls mentioned that initially they had some concerns about the time allocated to TRJ, but soon came to value the time and could see the greater benefits of building those relationships. Helping our girls to develop into Godly women of faith is our ultimate prayer and hope.

Mrs Irene Niebuur - Mother and Head of Junior School

PORNOGRAPHY



As a dad of two sons and two daughters who are now parents themselves, as a grandparent of young boys and girls, as a man living in a sexualised culture, as a Christian living in a broken world, I see a sinister enemy lurking in the shadows that needs to be exposed for what it is. That enemy is pornography.

Pornography is highly addictive. Neurologists have observed that long-term consumers had brains resembling drug addicts. It has been well documented for years now that pornography alters behaviours, attitudes, and well-being. Evidence of reduced enjoyment in alternative activities is emerging. An addict to pornography has their sexual system rewired as the brain becomes desensitised to the pleasure it offers, as it becomes hypersensitised to triggers and memories.

Pornography it is not merely a private matter. It has far-reaching effects. It hurts relationships.

Pornography causes social harm. The common excuse 'but it doesn't harm anyone' is rubbish. Pornography requires production and supply. Workers or performers are highly exploited, under-paid, subjected to humiliating and harmful activities. To exploit their circumstances for personal gratification is dehumanizing, unconscionable, and unloving. Many performers later regret the catalogue of content they made, yet since the internet keeps a permanent record, their past enslaves them. None of this could happen without a private consumer.

Our young people are saturated with messages and influence to be sexualised. Women and young girls are the major losers in this social order, since the social tide increasingly pressures them to look and act sexually. The correlation between pornography, child-sexual abuse and domestic violence is emerging in the literature.

There is also a link to the effect that social media has on people. The more someone uses self-promoting social media apps (like Facebook, Instagram, Snapchat and TikTok), the more at risk they are of developing narcissistic behaviours. There is significant cross-over between frequent social-media self-promoting behaviours, and online sexualised behaviours (like pornography and sexting).

Social media is an additional challenge for us. We are called to be Christ-like (1 Cor 11:1), which at the least means having humility (Phi 2:8) and self-control (1 Peter 4:7). Obsessive behaviours about how others see me will cloud my understanding of how God sees me.

So, what should we be doing?

COMMUNICATION. It is vital we create good narratives, challenge poor narratives, and inject evidence-based education. We need to upskill about the problems and risks associated with pornography, the internet, social media, and narcissism. We need to advance education about good sexuality, healthy relationships, improving the common good. Lastly, we should advance knowledge about God's will, from the scriptures, for living as his disciples. Christ renews the mind, and his gospel teaches us to say 'no' to ungodliness. This starts with repentance and faith.

CONTAINMENT. We need to surround ourselves with protection from temptation and unwanted behaviours. Restrictions and the removal of triggers are strategies to protect the unexposed and contain those at risk. Password protections, parental locks, router limitations, online programs like Covenant Eyes and Family Zone, or Wi-Fi devices like Koala Safe, are tools that can help. But also, wise practices like only using internet devices in public spaces at home, and not late at night, are 'no-brainers'. Alcoholics remove immediate access when recovering, so why not something similar for online behaviours?

COOPERATION. People need to regularly communicate with their peers about these matters. Regardless of our age, our perception of what is normal to others is highly influential. Regular transparent engagement, with shared critical thinking, challenges these narratives, while constructing accountability around and between these friendships. Whether you need others to help you, or you can help others – everyone can help.

CLINICAL SUPPORT. Pornography is addictive. If attempts to recover have failed, then get help from a therapist! They are specialists – experienced at helping people change.

Ultimately, our school needs to be a place where we all recognise the facts, perceive the threats, and embrace activities that advance solutions for a healthy, vibrant, and faithful school community.

Like any addiction, and pornography is no exception, there is temptation to return to it, even though we know there is potential harm.

It is my deep prayer and longing desire that we can equip our young people to swim against this current and replace the desires of this world with a desire to honour and respect each other and our Creator. I'm up for the fight! I trust you are too.

Mr Adrian Bosker - Father and School Principal

Sons, brothers, uncles, nephews, partners.

GENDER IDENTITY - THE MAN BOX

What kind of men are we? How do we respond to the very real pressures to be a 'real' man?

The Man Box: A study on being a young man in Australia was released by the Jesuit Social Services, and examined the attitudes and behaviours around what it is to be a young Australian male, aged 18-30.

Some of the thinking identified within the Man Box includes: need to be tough; not to show any emotions; to be the breadwinner, to always be in control, use violence to solve problems; and to have many sexual partners.

Almost in contrast, a Biblical framework for men is one that promotes selflessness, rather than selfishness. It revolves around modelling and practicing love, service, leadership and responsibility (Ephesians 5:5-6:4), being self-controlled, developing the ability to endure ("stickability"), becoming wise, building integrity (where our words and actions line up), and "Doing the next right thing" (Titus 2:2,6).

As males, our contexts will change through life, but our character will continue to be shaped, fired, and formed. It all starts with what is in our heart, and finishes in leaving those we encounter in life, in a much better place.

Mr Rohan Kew – Father and Head of Middle School



AN OPEN LETTER TO ALL PARENTS OF YEAR NINE GIRLS AT LCS.

I've been a high school teacher since 1996 and I've been a parent of a year nine girl twice. I've been in the middle of 'teenagery-ness' for decades. And this is what I know to be true.

1. A point in time is coming (or maybe it already has) when your daughter will be curious about intimate relationships. There will be crushes. Your daughter will challenge the rules you put in place to keep her safe, and defy you when you least expect it. If you can imagine a 'hurt me here' button' on each of us, there will be times our daughters will hunt it out and press down on it with every ounce of strength like hormonal vigilantes! No one knows where your pain spots are more than a teenage daughter. These things will challenge you. All these experiences can be emotive and troubling. And they will prompt your heart to recognise a glaringly obvious thing. Your daughter is no longer the tiny, dependent baby you first drove home from the maternity ward. She is on a trajectory towards adulthood. Protest and defiance and challenging our world view are very good things. They are her first fumbling steps towards building an identity of her own - separate to us. Understanding this bigger picture is key to keeping sane.

2. Never forget we are broken people, parenting broken children in a broken world. Expecting perfection of our daughters only creates hurdles too high to jump.

3. Never forget the world is a very attractive place for girls. Girly fixations on what to wear loom ahead, with experimentations with makeup, as she develops her own 'look', and as she figures out what message she wants to transmit to the world about who she wants to be. Mums, particularly, lay down a challenge to your daughter to own who God made her – remind her often she is beautifully and wonderfully made – and that an identity based on Him is like building a house on the rock. Dads – research shows healthy body image stems from a healthy relationship with a significant male adult. Let your daughter never doubt she is a princess in your life!

4. Encourage her to enjoy each rung on the ladder to adulthood to its fullness. And don't let her skip any rungs. Don't let her rush to jump into serious relationships. There's lots of time down the road for that. Read Matthew 6:33 to her: 'seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.' Here God lays down a challenge to our daughters to put Him first. And if they do - everything else they need? God promises He will add it to their lives.

5. Encourage your daughter to view relationships with boys through the lens of trusting Him – not manky cultural voices on social media or other places sending the message her body isn't a precious thing. Project the message respect the boys you know, by respecting yourself first.

6. God is the ultimate parent, our Heavenly Father. He models loving even when it hurts. My prayer is He helps you persevere through this tricky life stage!

Mrs Miranda Gracie –Mother and Teacher

RISK TAKING AND SELF REFLECTION

Taking risks is a desire felt by most young people, particularly young boys. But allowing space for risk taking to take place can be scary. It means allowing the possibility of something bad happening. As teachers and parents, it is easy to risk too little and rescue too early to keep our young people protected and safe. But in doing this we remove the opportunity to develop the skills of personally managing risks and self-reflection. When we remove the opportunity for our young people to explore and take risks, our young people can feel squashed; with the desire to push themselves but always being pulled back early. A consequence of this is finding other avenues for the risk taking, out of site of those who hold them back, but without first developing their competency in personally being able to evaluate risk and manage the danger. They don't know where the line is before things go too far, and there is no one there to rescue.

We have the opportunity to lead our young people and foster the development of their personal risk management skills. To increase the threshold of risk tolerance to allow the opportunity to make small mistakes in an environment where we are available to rescue them when it is needed and support them in reflecting and making sense of the experience.

Mr Tommy MacQueen – Father and TRJ Teacher

RISK TAKING AND SELF AWARENESS

Adrenaline? Butterflies? Visual images of conquering a fear? What do you think of when you hear the term 'risk taking'? Is it something only brave people do? Or foolish people perhaps? Would you be proud to call yourself a risk taker?

The bible speaks of many risk takers who allowed themselves to be vulnerable, and took risks in order to be obedient to God. Because, think about it, isn't that what risk-taking is? We allow ourselves to be vulnerable, and risk losing something we hold dear (my list here is endless!!), in order to receive/achieve a greater reward. One of my favourite stories in the bible you no doubt know is that of David and Goliath (1 Samuel 17). David was seen as a nuisance of a little shepherd brother, but God wanted to use David to display His power. David left himself completely vulnerable, chose to obey God, and took a ginormous risk (his life!). His Reward? The biggest opportunity to display God's power and glorify His name!

Our teen transition is all about risks. We have to take them, often we'll fall as we figure out who we are, and who we want to be. It's a full-on season with a whirlwind of choices, directions, (hormones!!!) and so many social pressures and confusing messages. Even in choosing friends we need to allow ourselves to be vulnerable and trust someone else with our secrets. The biggest risk however will always be that of choosing to follow Jesus. You'll have to give up everything, but you'll get so much more in return. It's the biggest reward possible, and the only one you'll need to get through this life. So be brave and trust Jesus. He's got your masterplan. Don't forget to enjoy the journey!

Mrs Margaret Dingemanse – Mother and Current Board Member.

LOVING SEX MORE

(Extract from a presentation to our Seniors in 2020).

This might be strange for a 40-year-old celibate man to say, but I don't think we love sex enough. I think there are two common ways that people respond to sex and both of them are bad.

The first is the way that most of Australian society treats sex. Sex is everywhere. There's barely a movie or TV show that doesn't have sex in it, either showing it or talking about it. And pornography is everywhere. Australian loves to think about and talk about sex, people enjoy sex, but they don't love it. What do I mean by that?

What I mean is that if you love something you not only treasure it, but you treasure it for what it is, rather than for what you get out of it, and you work to protect it. If you have a dog, you probably get lots of joy out of your dog. But if you tell me that you love your dog, and then I see you beating it, kicking it, not feeding it, turning it into your personal slave, I'd begin to wonder whether you really love your dog at all.

Lots of people do the same with sex. They enjoy it, but they don't love it. They use it. They take what they want from it. And then they move on.

Maybe that's the way you treat sex. If it is, I want to help you ... to grow to love it the way God loves it, and the way he wants us to love it.

The second way that people deal with sex is really a reaction to the first way. It's the way a lot of Christians, unfortunately, deal with sex. That is, we try not to think about it. We try to bury down in the darkest reaches of our minds as though it doesn't exist. We do that because we feel it's dangerous. We think we'd better not think anything positive about it because we might be drawn into misusing it. But increasingly, I think that idea is disastrous. In my life and ministry, I've met lots of people who struggle with pornography and sexual sin of one kind or another. And increasingly, I say to them, "The problem you have is that you don't love sex enough."

They think that the solution to their problem is to stop thinking about sex. But that's not the problem. The problem is not thinking about it in the right way.

So if that's the way you deal with sex, what I want to try ... and help you to love sex more. To grow to love it the way God loves it, and the way he wants us to love it.

So I'm going to pray that God would do that in our hearts.

Ps. Karl Deenick – Local Pastor

RESPECTING AND LOVING WOMEN

As a father of 5 daughters and a son and as a husband to an amazing woman – living in the current hyper-sexualised culture that I found myself in I am aware of the need to cultivate and show respect to the many women I am directly connected to in my family and the many more within my immediate and wider community.

I think the key is getting to know women as people – talking to them – looking them in the eye and setting clear boundaries for myself about what I will watch and look at and think about. Like most blokes I have to struggle with the reality that there is a lot to look at – you don't have to go far to be confronted with media representations of physically beautiful women presented as objects to covet, lust and consume. It takes consistent discipline, prayer, self-control, godly friends and wise choices to stay unaffected and pure in a world that shouts at us to just look and lust as we please.

It's also hard sometimes to recognise and draw the line between seeing and appreciating female beauty of form and of character and committing adultery or sexual sin of the heart and mind that Jesus calls out so clearly in Matthew 5:27-28. Like Karl Deenick shared in 2020 – as married and unmarried Christians we don't love sex enough, we too easily settle for the broken, counterfeit, cut the corners, pornified, impersonal, objectifying, easy gratification version of sex that doesn't even come close to the awesome gift of a married man and woman making love to seal and strengthen their life long bond of intimacy and joy in each other. We have to work hard to reach and maintain the bar that God has set for sex and part of that is to get a right view of all women – to understand that there is only one woman that we get to think about having and actually having sexual relations with and so we need to think about every other woman outside of that possibility and seek to know them and care about them as people, as sisters, as mothers, as aunts, as daughters, as friends and as those whom we want to be able to trust us that we would never take from them in thought or action what only belongs to their future or current husband.

We need to get it clear in our minds that worth and value of personhood in the girls and women we know is because they share the same image that we share with the same creator. Practically it helps to not watch stuff on our own, to have open accounts and friends and spouses who can keep us accountable.

We stuff up. Jesus forgives us. It cost him hell.

And so we get up and we step up and we ask for grace and wisdom and love to actually love all women in the way that He does and to love our wives in the self giving, self sacrificing way that he showed us how to in giving himself for us.

Mr Josh Armstrong - Father and Teacher

Frequently Asked Questions



WHY DO WE TEACH THE RITE JOURNEY AT LCS?

We are a Christian School and as such have a commitment to partnering with parents in the growth of their children. This does not only pertain to the growth of intellect, but to the support in growing all aspects of their character, mind, body and soul.

The Rite Journey offers and creates so many opportunities to connect with our students and their families on a more authentic basis. There comes a time in a child's life where they need to shift their mentality from that of a child, towards becoming an adult. This is less about becoming an adult, and more about encouraging students to acknowledge that they cannot remain children forever.

Start children off on the way they should go, and even when they are old they will not turn from it - Proverbs 22:6

IS THE RITE JOURNEY A CHRISTIAN COURSE?

Although the Rite Journey is not marketed as a Christian program, the teachers at LCS have prayerfully considered how to facilitate the program in a way that is consistent with our Christian mandate and educational philosophy. The course has been researched, selected and affirmed by the School leadership and the Board. The program holds its origins in a Christian Living program written by Andrew Lines when he was teaching in a Lutheran school around twenty years ago. All of the schools affiliated with the Rite Journey are 'faith-based' schools and the latest iteration of the course guidebook is supplemented with Biblical references and supporting texts.

WHY DO WE ONLY RUN THE PROGRAM IN YEAR 9?

This particular program is intended for reaching young people at a point of transition in their lives. Some schools offer the program in year 10, but for us, it makes the most sense to run the program for year 9 as they move afterwards into the Senior school, marking a change in expectation, responsibility and autonomy both at school and in their wider lives. There are other courses that the students partake in different years and this is always something school leadership is considering.

WHAT DOES A RITE OF PASSAGE MEAN IN THE CONTEXT OF A SCHOOL?

A rite of passage is a point of transition that is put in place by a community or culture, which marks a significant milestone or time of change. Within the lives of students, they may experience rites of passage which are pertinent to their own interests – for example, their first swimming championship, or leaving the country for the first time. These are important, but rarely are young people today included within a rite of passage which intentionally affirms and acknowledges their belonging within a particular community.

Schools are one of the only institutions that still brings different people together within a community, and thus is an ideal context for a rite of passage to take place.

Frequently Asked Questions

HOW MUCH OF THEIR TIME AT SCHOOL IS SPENT DOING THE RITE JOURNEY?

Students see their Rite Journey teachers during the first 8 minutes of the day, in Class Teacher. The Rite Journey is timetabled for two double periods per week, one additional period per week of pastoral care time, various excursions throughout the year and Solo Camp.

IS THE RITE JOURNEY COMPULSORY?

Yes. If there are legitimate concerns or issues related to specific Rite Journey content, we are always happy to negotiate, adjust and compromise where appropriate. Clear communication between teachers and families is ideal and the support of parents is appreciated and highly beneficial for a successful student experience.

DOES THE RITE JOURNEY DETRACT FROM ACADEMIC STUDY?

There are times where students may be spending time on excursions instead of attending usually timetabled classes. However, all options subjects and core subjects run as they always have, in addition to the Rite Journey. The Rite Journey does not feature traditional summative assessment and provides opportunities for students to reflect and seek support for their studies and their personal health. This is an added benefit for our Year 9's as they start considering their move into Senior school and heavier study requirements and pressures.

AM I ALLOWED TO KNOW WHAT IS BEING COVERED IN RITE JOURNEY?

Absolutely. Planning and news can be accessed on the HUB, regular updates are published in the Herald and teachers will aim to communicate and connect with home as much as is feasible and appropriate. One of the key Rite Journey ideals is that whilst we need to maintain and foster the trust of students in the classroom, that students are always encouraged to continue conversations initiated at school with their parents. Articles and readings will be made available for parents and mentors to learn and supplement the meaningful conversations that happen at home. A key refrain of the Rite Journey is "You can share your story and experiences with others outside of this room, but you must respect others by not sharing their stories outside of this room".

I'M CONCERNED ABOUT HOW MY CHILD MIGHT BE INCLUDED. HOW MIGHT MY CHILD'S PARTICULAR NEEDS BE MET?

Every child is uniquely gifted and created in the image of God. We pride ourselves on our inclusive philosophy at Launceston Christian School. The key here is communication with home. In the Rite Journey, every student will struggle at times, and find different parts of it challenging. Some of our students will find more challenge than others and it is up to the teachers to recognise this, support students and include them as a priority. We will always try our best to meet the needs of each student in our care.



Frequently Asked Questions



ARE THERE TOPICS EXPLORED WHICH MIGHT BE BETTER COVERED AT HOME, UNDER THE DIRECTION OF PARENTS?

All of the topics covered might be discussed at home, but it is crucial that teenagers are able to discuss things with one another, without a fear of judgement or pressure. Ideally the Rite Journey teachers can create a context at school where meaningful, honest and authentic conversation can take place and be continued at home.

I HAVE HEARD THAT SOME OF THE CONTENT HAS BEEN CONTROVERSIALLY RECEIVED IN THE PAST. WHAT ARE SOME OF PARTICULARS AND HOW MIGHT I BE ABLE TO ADDRESS MY CONCERNS?

We all have different ways of seeing the world, and at LCS we have the added blessing of having a universal recognition of God's sovereignty and the redeeming act of love of Jesus at the Cross. This binds our community together in many ways, but it does not preclude disagreement and conflict on particular issues. In most cases, concerns can be resolved by making contact with your child's teacher and discussing the issues. Adjustments may be made and misunderstandings may be amended.

There are certainly some sensitive topics around body image, menstruation, sexuality, gender identity, pornography, risk-taking, violence and abuse. Every effort will be made to ensure the safety of your child, but at the same time, a level of discomfort will be unavoidable when addressing many of the things that are relevant to the lives of young people. Please contact your teacher if you need clarification or advice on what is being discussed and how to continue addressing this with your child at home. If there is a grievance or parents are seriously concerned with particular topics or resources, please contact the Head of School, Mr Rohan Kew, who will enact the process of resolution where it is warranted.

WHAT IS THE MENTORING ASPECT OF THE COURSE ABOUT?

It takes a village to raise a child. Young people will benefit from having an adult sow into their lives who is not their parent and is not in a particular role where they are obliged to be involved, like a pastor or teacher. Successful mentoring stems from the authentic and lasting relationship. In the Rite Journey at LCS, we want to encourage families to actively seek out a person to be a mentor to their year 9 child, to support them this year and into the future. Many families may find this straight-forward. Many may not. More guidance around the mentoring will be sent home after they return from Year 9 camp in week 4.

Frequently Asked Questions

WHAT HAPPENS DURING THE ABYSS?

This is a culmination of our year, a night away from home where students are challenged physically, mentally and spiritually. Students are given a chance to overcome the obstacles in their minds and recognise that there are going to be many times in life that they will be challenged, but to recognise that for the Child of God nothing becomes insurmountable. We will take the students away to camp for the night in the solitude of their own tent, hike up a mountain and undertake a selection of outdoor adventure activities.

HOW SAFE ARE THE CHALLENGES?

All challenges are planned and filtered through our risk assessment process and policy, which requires Rite Journey teachers to identify and respond to potential hazards, which is then checked by the school safety officer and double checked/approved by the head of school. A commitment to the safety of your child is our utmost priority and all teaching staff at LCS are trained in first aid every year. Despite this, accidents can and do happen on occasion; however, it is important that children learn the natural consequences to actions which cannot be avoided, for example, if they don't watch their footing, they might slip and hurt themselves. Adults understand that they are not invincible, but they learn to live with an acceptable level of risk. We are striving to find this acceptable level of risk in our Rite Journey activities and want to help our students to identify and manage risks for themselves, ensuring that in the event of an accident, that all staff are qualified and prepared to respond professionally and effectively.

HOW MIGHT PARENTS LEARN MORE ABOUT THE RITE JOURNEY?

This guidebook is a key resource for parents, along with the planning available on the HUB, the Rite Journey website and the Parent Information night recordings that are available to you. There will also be updates published in the Herald most fortnights.

You can find more support material [here](#).

IS THERE A WAY FOR PARENTS TO BE MORE INVOLVED?

Please read the resource material that we send home and be active in communicating with your child's Rite Journey teacher, via phone and email. There may be opportunities to help with excursions and events. If you would be happy to be a part of parent help for specific things, or even in general, please let us know. Your support in prayer and continuing conversations at home will be hugely beneficial.



TEN RITE JOURNEY RESPONSIBILITIES

IF YOU MADE A MISTAKE, APOLOGISE. IF YOU'RE THANKFUL, SHOW IT.
IF YOU'RE CONFUSED, ASK QUESTIONS. IF YOU LEARN SOMETHING, TEACH
OTHERS. IF YOU'RE STUCK, ASK FOR HELP.
IF YOU'RE WRONG, FESS UP.
IF YOU LOVE SOMEONE, TELL THEM.
IF YOU TRIP, GET BACK UP.
IF SOMEONE NEEDS HELP, HELP THEM. IF YOU SEE WRONG, TAKE A STANCE

Click [here](#) for further
resources and reading