

BRiTA Futures – Primary School Aged Children

Building Resilience in Transcultural Australians

OUTLINE OF THE PROGRAM

AIMS OF THE SESSION:		
1	<i>Resilience in Our Multicultural Classroom.</i>	<ul style="list-style-type: none"> ◆ To introduce the concept of culture ◆ To introduce the concept of resilience ◆ To relate resilience to major life changes such as migration and acculturation
2	<i>Cultural identity & Life Experience: Making Me Who I Am.</i>	<ul style="list-style-type: none"> ◆ To understand and appreciate similarities and differences across cultures ◆ To gain an understanding of personal strengths derived from culture and experience
3	<i>Building Empowerment: Self-talk and Self-esteem</i>	<ul style="list-style-type: none"> ◆ To learn about how habits shape our thoughts, feelings, and beliefs about ourselves ◆ To learn new culturally appropriate strategies for building self-esteem and managing self-talk
4	<i>Building Social Competencies: Understanding Cross-Cultural Communication</i>	<ul style="list-style-type: none"> ◆ To learn about ways emotions are expressed across cultural groups ◆ To learn skills for building positive cross-cultural relationships ◆ To be able to recognise and express feelings appropriately and learn skills to manage difficult feelings ◆ To develop an optimistic outlook

5	<i>Social Competencies: Resolving Conflict & Coping with Challenges</i>	<ul style="list-style-type: none"> ◆ To introduce the communication process and different styles of communicating (passive, aggressive & assertive) ◆ To gain an understanding of the nature of conflict, stages of conflict and conflict triggers ◆ To understand how cultural factors contribute to conflict, and explore ways to resolve these.
6	<i>Making Life Fun: Beat Stress & Build Optimism</i>	<ul style="list-style-type: none"> ◆ To understand stress and its effects ◆ To build skills for coping with stressful life events ◆ To learn about the value of humour and laughter ◆ To understand the concept of optimism and how to apply it to stress management
7	<i>Family & Friends: Staying Strong with Positive Relationships</i>	<ul style="list-style-type: none"> ◆ To explore ways in which we are influenced by family patterns of communication and family traditions ◆ To build strategies for establishing peer networks across cultures ◆ To learn about “community” and finding one’s place
8	<i>Bouncing Back After Hard Knocks: How to Stay Resilient Throughout Life</i>	<ul style="list-style-type: none"> ◆ To identify sources of strength, such as spirituality and rituals ◆ To begin to look at decision making and how values influence this ◆ To further develop an understanding of resilience and ways to build it ◆ To review the learning and skills gained throughout the program