



CYBER SAFETY

For the second year running, we had renowned cyber safety expert, Susan McLean deliver presentations in Ararat and Stawell. Over four days, Susan spoke to more than 800 students, 100 teachers and 50 parents about how to stay safe online, covering topics such as online gaming, social media use and cyber bullying. We have had some fabulous feedback on these sessions which helped to generate important conversations around appropriate use of technology.

Susan's visit was facilitated by Central Grampians LLEN and funded through the Victorian Government's Engage! program grant and Grampians Community Health.

YOUTH MENTAL HEALTH FIRST AID

In July, we organised a two-day Youth Mental Health First Aid (YMHFA) training course for our CGLLEN mentors and the wider community. The training was well attended and provided participants with valuable information on supporting youth.

We are proud to report that since Resilient Ararat was founded in 2020, 46 community members have completed the YMHFA course. They now have the skills to recognise the warning signs of mental health problems in young people and provide appropriate support.

BOOK EXCHANGE

In 2023, Resilient Ararat made a conscious effort to share valuable mental health-related information with the community. We purchased copies of books by The Resilience Project founder, Hugh Van Cuylenburg and cyber safety expert, Susan McClean to add to the book exchange at Fred and Bet's Café. This initiative provides our community with the opportunity to read the books for free and return to the shelf so someone else can benefit from their important messages.



MARTIN RETURNS

In April, Martin Heppell and The Resilience Project (TRP) team were back in Ararat doing some filming for some new video clips. The videos aimed to capture the experience of the program in regional areas and how cluster approaches like Resilient Ararat's can work in a community.

During their visit, the TRP team gained insight from the perspective of principals, teachers, students, parents and community members. For CGLLEN, it was a great opportunity to reflect on the achievements and challenges of Resilient Ararat to date, and look at our future direction.

Watch
The
videos!





A group of students from Resilient Ararat's cluster schools came up with a creative way to mark Mental Health Month this year, encouraging the local community to, quite literally, grow happiness.

Resilient Ararat's *Grow Happiness* campaign launched in October, providing participating schools and businesses with seeded cards they could plant at home. The four card designs were each embedded with a different variety of plant seed and featured questions to spark community conversation around positive mental health.

CGLLEN worked closely with the students to

plan, design and implement the campaign, which encouraged community members to share their answers to the seed card questions on social media. They could then plant the cards in a pot or garden by following the instructions on the back. Participation from the community allowed the online conversations around positive mental health, and the seeds, to grow throughout the month of October.

Over the course of the campaign, several social media videos were created to allow the students to share the different ways they boost their mood, make other people smile and practice gratitude.

Our supporters

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the YELLOW



Our cluster schools

Ararat College
Ararat West Primary
St Mary's Primary

Maroona Primary
Willaura Primary
Pomonal Primary

PHONE 03 5352 3266

WEBSITE www.cgllen.org.au/resilient-ararat

