

# Strengthening Families at Your School to Thrive



# Students and families in Australia are under pressure like never before.



## School students today face a greater range of pressures than ever.

The rise of online interaction and social media has led to widespread online bullying and even greater peer pressure.

Unhelpful advertising and consumer culture cause many young people to struggle to form a healthy sense of identity.

Broken relationships within families also cause a loss of security.

Add in growing financial and cost-of-living burdens on families, rising mental health conditions, including anxiety and depression, a highly sexualised culture, domestic violence, divorce. And that's even before a global pandemic devastated so many lives.

**It's clear that Australia's young people – and their families – need support to thrive.**

## Thriving families build thriving school communities.

Your school community comprises families of all shapes and sizes – and many of the challenges facing your wider community are the same as those confronting students inside your school.

*You can play a vital role in building healthy, resilient, compassionate students – and invest in families – so that the wider school community can flourish.*

As you look to invest in your teachers, parents, administrators and students – to raise the next generation of Christian citizens and leaders – we want to help you.

**You are invited to consider how Focus on the Family can help strengthen students and their families – and your entire school community – to thrive.**

*"Hi, we need help. My daughter decided to stop having anything to do with her father, when she was 17... Her father has depression and seems to get pleasure out of punishing us, mostly me, for perceived wrongs. I have been suicidal at times and haven't been able to hide this from her. She knows her dad has caused the pain... She is so angry about everyone and everything."*

**—Bronwyn\***

*\*Name changed to protect privacy*



# Strengthen Students and Families at Your School



## Support Your Students

Creating a safe, constructive environment is critical to engage young people in discussions about the challenges they face – and the healthy behaviours they can develop to navigate those challenges.

Sessions can be tailored to suit your students' needs and your school's ethos...

Healthy identity:

- Who am I?
- Mental health
- Relationships
- Dating
- Sexuality
- Puberty

Healthy choices:

- Drugs and alcohol
- Pornography
- Goal setting
- Bullying
- Resilience
- Friendships

Healthy online behaviours:

- Cyberbullying
- Social media
- Sexting and online interactions
- Internet use
- Media
- Gaming



## Train Your Teachers

A supportive and healthy team culture is needed now more than ever in our schools.

Focus on the Family's CEO Brett Ryan, who's served as a Children's Pastor, will equip your staff to be more effective in communicating to and understanding the next generation.

Topics covered and outcomes include:

- Work-life balance
- The power of a teacher
- Healthy conflict resolution
- Understanding the generations
- Making sense of technology
- Time management and "getting things done"



## Empower Your Parents

Research shows that parents who are intentional, informed and involved are more likely to give kids a better chance at a healthier life. Their children will be more secure, and less likely to be involved in risky behaviour.

So, upskill your parents to give their children the best foundations possible – academically, socially and psychologically.

Topics and outcomes include:

- Building resilience and confidence
- Conflict resolution and communication
- Discipline and boundaries
- Sexuality
- Technology (gaming, sexting and porn)

**FamilyCast – a free streaming platform – equips parents to raise healthy, resilient children from infancy through to the teenage years.**

Visit [familycast.com.au](https://familycast.com.au) to watch now on your favourite device or stream to your TV... it's free on demand!

# A word from CEO Brett Ryan to you.

**Thank you for the opportunity to help strengthen students and families in your school.**

I understand the challenges that parents, students, educators and schools are facing, being married for 32 years. My wife Kate and I have three grown sons, three beautiful daughters-in-law, and three grandchildren, and we love spending time with them all!

As a Critical Care nurse for 15 years, a Children's Pastor for 12 years and now serving as CEO of Focus on the Family Australia, I am passionate about helping bring restoration.

And as a teacher for 25 years, working with gifted children and children with special needs, Kate brings great insights as she helps to equip teachers, students and families.

**At Focus on the Family Australia, we're passionate about building God-honouring families and marriages – and we'd love to help you strengthen your school community!**



Brett Ryan  
CEO



Kate & Brett Ryan

## THE VISION:

**To make Christ known as we strengthen relationships in Australian families.**



# Stronger Families Make a Stronger School Community

so let's work together to help your school students and their families thrive!

By building more resilient, capable students and stronger family homes, your school family can be supported to thrive.

We invite you to consider how Focus on the Family Australia can help you strengthen your families – and your entire school community.

**Visit [families.org.au](https://families.org.au) or call 1300 300 361 to talk through how your school community can go from strength to strength.**

“*Our students were engaged throughout the session and afterwards shared how much they got out of it. Thank you!*”

**—Teacher, Lighthouse Christian College**



Please feel welcome to reach out at any time if you would like to discuss how Focus on the Family Australia can help you strengthen your students, parents, teachers and administrators... and build a thriving school community.

**Please contact us if you have any questions. We'd love to hear from you!**

*“No eye has seen, no ear has heard, no heart has imagined,  
what God has prepared for those who love Him.”*

*– 1 Corinthians 2:9*