



PERSONAL DEVELOPMENT PROGRAMS

For students in high school

Building the human awareness, identity and confidence of a young person enhances their quality of life and prepares them with the skills and competence to realise their potential and to adjust to societal expectations. MYST offers a range of structured personal development, therapeutic and recreation programs to young people in high school to prevent crises and to establish healthy patterns of thinking and behaving.

Programs are developed in response to the changing needs of young people and are delivered using evidence-based content and teaching methods. They are targeted interventions that address social and emotional issues identified by young people.

Mentors guide the young person through a tailored personal development pathway that includes personal goal setting and an achievable plan for reaching those goals. Feedback is given so that skills in personal reflection and awareness are increased and confidence is built.



Current programs are:

- **Love Bites:** This is a **Respectful Relationships Education (RRE)** program for young people aged 15–17 years which provides young people with a safe environment in which to examine, discuss, explore, and learn the skills to create respectful relationships.
- **Steps:** A program that MYST has developed for young women that aims to enhance resilience by increasing engagement with education, community and self.
- **RAGE:** A program designed for young people who have difficulty controlling their emotions. It helps them to identify feelings of anger, along with triggers, and learn strategies to help build resilience and respectful relationships and develop self-management skills to reflect and respond positively to challenges.
- **Rules in Relationships:** A program that aims to reduce teen relationship violence and help young people develop healthy, egalitarian gender relationships.

<https://myst.com.au/programs/personal-development/>

For more information: Find us at www.myst.com.au, on Facebook and Instagram, or call 1300 00 MYST (6978).