

Travellers™

On the road to **RESILIENCE**

A group programme for young people that builds resilience and helps them face life and its challenges...

Resilience

Confidence

Self-esteem

Connectedness

Travellers is Skylight's youth resilience initiative.

It is a small group, school-based programme designed to assist young people to deal with change, transition to high school and difficult life challenges. It is targeted at students in their first year of high school and has been developed in association with New Zealand's Ministry of Health. It has been operating for fifteen years and has been fully reviewed. A three yearly evaluation cycle has been developed to ensure the programme reflects best practice with effective outcomes.



How it works

Wellness Survey

This programme initially leverages the results of a short, confidential online Student Wellness Survey which is completed by all year nine students at any participating school. The results from this questionnaire help schools to:

- select students who might benefit from being offered a place in the school's Travellers programme
- understand the emotional wellbeing of the whole surveyed student cohort
- identify students most at risk
- compare data with other groups or years within your school.

Travellers Groups

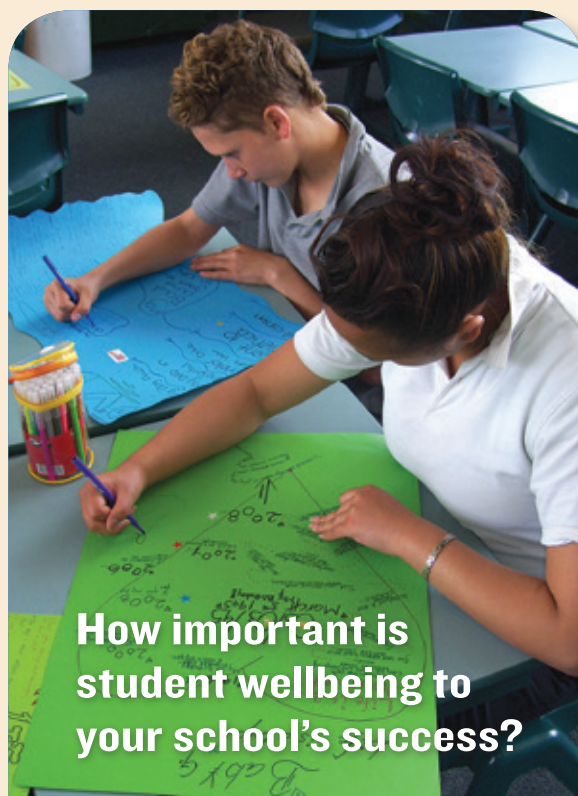
The school's trained Travellers facilitators invite students to participate in the programme. Groups of 8 - 10 students are facilitated by two trained school staff. These staff members use innovative tools and engaging approaches to encourage, teach and inspire students to build resilience and enhance their support connections by:

- exploring their change, loss and transition experiences
- finding how to navigate through future difficult life situations in safe and adaptive ways
- learning how they can use their thoughts and feelings to positively influence how they cope and respond
- making them aware of supportive environments.

It's different now. Before I went to Travellers I didn't really get along with my friends. I just felt invisible; no-one was listening to me or cared about me.

Well now I speak up to them and finally they care about me and I'm not invisible anymore.

Student (anonymous)



How important is student wellbeing to your school's success?

Purchasing the Travellers' Programme gives you unequalled and proven tools to both identify at risk or vulnerable students and provide them with effectively targeted resilience building Initiatives.

MAKE THE DIFFERENCE!

The skills that Travellers teaches are Life Skills that assist the student to keep safe, stay focused and improve in their behaviour.

There is a marked and noticeable improvement in the classroom learning of students once they've done the Travellers Programme and integrated the life skills into their academic performance.

Joan Fogarty

*School Guidance Counsellor,
McAuley High School*



The TARGET GROUP

The programme was designed to identify and target effective support for students transitioning into High School (year 9s) who have found life difficulties especially challenging.

More about this unique programme

Each programme is delivered to a group of 8-10 year 9 students by trained school staff selected by their own school. This means that in most instances the students will know of the staff member.

There are 8 to 10 sessions [60 to 90 minutes] which run in class time at school.

Travellers features eight modules built around the metaphor Life is a Journey. The sessions focus on key life themes. Some of these are:

- › Sometimes life's path can be more challenging than at other times.
- › The way I think affects how I feel.
- › Trust your feelings - it's OK to feel.
- › Expressing yourself is healthy.
- › It's natural to find change stressful.
- › Sometimes I can change things and sometimes I can't, but I can change the way I think about things.
- › Fun and laughter help reduce stress. Relaxation re-energises.
- › Everyone needs support at times
- › Challenges in life can help us grow.
- › There are strategies I can use to do life.

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The programme background

Skylight, in partnership with the University of Auckland's Injury Prevention Research Centre, developed, piloted and evaluated Travellers under contract to the New Zealand Ministry of Health.

Skylight is a leading New Zealand social enterprise agency that supports children, teens, adults and their families move forward through difficult life change, loss, trauma and grief – whatever the cause. (www.skylight.org.nz)

The programme began in 2001 and many secondary schools across New Zealand offer Travellers to their students. Skylight has trained over 500 facilitators to run the programme in their schools.

A map and list of all the secondary schools in New Zealand currently offering Travellers is available on the website

www.travellers.org.nz

Get your
membership and
feel, is OK!

The OUTCOMES

The travellers programme assists **students** to :

- safely explore their change, loss and transition experiences
- gain new resilience skills and find new confidence to move forward through their challenges
- navigate their way through change, loss and transition in safe and adaptive ways
- link how they think and feel about change, loss and transition situations and how their thoughts and feelings influence their ability to cope and respond to them
- improve their learning outcomes at school.

The travellers programme assists **schools** to :

- understand the current emotional health and wellbeing of their students
- target appropriate and evidence based support programmes to students
- provide targeted intervention for identified students, some of whom may otherwise go under the radar
- increase school learning engagement
- increase student connectedness.

www.travellers.org.nz

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WHAT OTHERS SAY

We love the survey. We have 500 students in our Year 9 intake!! We can get an awful lot of valuable information, (particularly on the High Risk Group), within 3 weeks of starting school.

The programme teaches valuable life skills that the students apply both backwards, (to what has happened in their lives to date), and forwards. They are being made more resilient and armed for the future.

We build relationships, but in particular, they build a relationship with the facilitators. They know where to come in the future when something happens, they bring friends or tell me about people in trouble, they help me recruit into Travellers, and they provide me with lots of valuable information. For me, the 8 weeks of the programme is an investment that pays a dividend for 5 years and sometimes longer.

Terry McCain

*School Guidance Counsellor,
Auckland Boys Grammar*

Data results

More than 100,000 students have accessed the Student Wellbeing Survey since 2008, when Travellers became a nationwide programme. Each school receives its own data results, however the national data is able to show us a fascinating snapshot of youth issues in New Zealand for the year nine age group.

For example, the results from the combined 2016 Travellers On-line Survey data showed that:

- A total of 19,107 questionnaires were completed.
- 9% of students said that they did not feel good about themselves most of the time.
- 11.5% of females who took the survey rated as high vulnerability, compared to 5.8% of males.
- Ethnicity Statistics reveal student groups with the highest risk: Pakeha 8.2%, Māori 2.8%, Pacifica 2.6%, Asian 1.6%, and 'Other' 2%.
- The most common life events are illustrated in Table One on page 7.
- The events most likely to have a 'major' impact are illustrated in Table Two on page 7.



Table 1. Most Common Life Events (%)

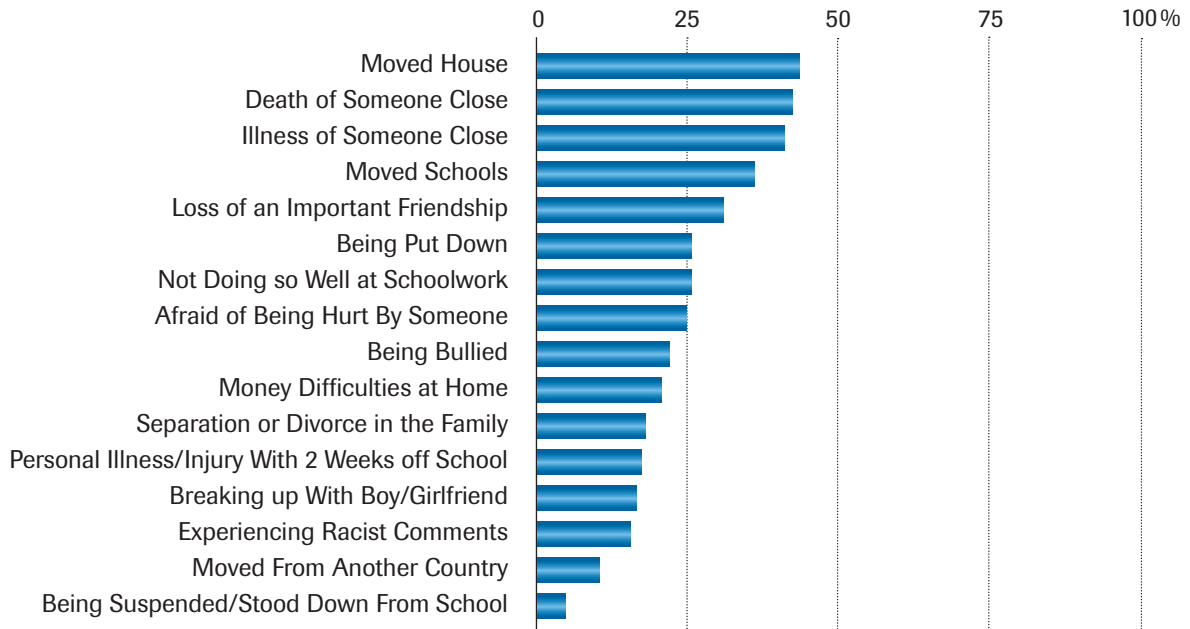
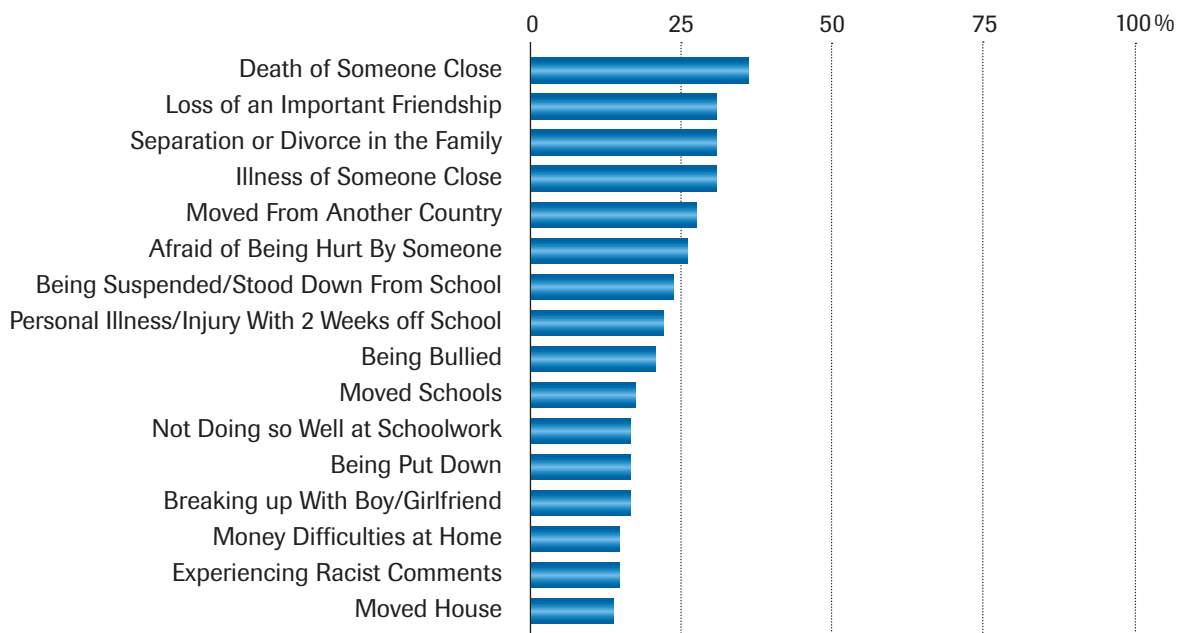


Table 2. Events Most Likely to Have a 'Major' Impact (%)





WHAT OTHERS SAY

Schools will find the Travellers Programme valuable as it's strength-based. It works to build resilience and empowers young people to accept that "life is a journey" and that they do have choices about their future. It gives the students solid skills to take away with them. It also uncovers issues Year 9 students are working with, so they can connect with the counsellors early in their secondary schooling.

Linda McDougall

*School Guidance Counsellor,
Nayland College*

Travellers provides a supportive environment to students who might otherwise be overlooked.

Yvonne Van Lent

*School Guidance Counsellor,
New Plymouth Girls High School*

Evaluations

To keep the programme relevant, of high quality and ever-improving, evaluation is very important. The Programme is underpinned by an ongoing three year cycle of evaluation.

In 2016 the Collaborative Research Trust undertook an evaluation of Travellers to explore short and medium outcomes of the programme. The study finds that Travellers is helpful for students, with facilitators reporting increased confidence in students ability to cope, deal with stress and anxiety, and express their views and feelings in front of others.

See the 2016 Collaborative Research Trust's findings and further results at:

www.travellers.org.nz/research

In 2014 the New Zealand Council for Educational Research undertook a quantitative evaluation of Travellers. The findings have been very positive and are available to view at:

www.travellers.org.nz/research



Training

Schools sign a Partnership Agreement with Skylight after they make a commitment to implement Travellers. They select a minimum of two staff to attend facilitator training workshops. There is a charge for training and resources.

The workshops involve an initial two days and takes place in your area over 2 consecutive days, with a follow-up offered after the programme has been implemented.

The training:

- is facilitated by two skilled Skylight Trainers
- has a strong train the trainer focus
- thoroughly explores the theoretical framework of Travellers
- explores the structure of the programme
- familiarises participants with the programme resources and the online survey questionnaire.



Students say...

I can talk to people and the counsellor. I could share my feelings and it was kept personal. I got on with people in the group. I get on with teachers now. I didn't get on with them before Travellers. I talk to my form teacher about stuff now.

In Travellers, we try to open our hearts to each other and solve common problems together. It's great.

A principal says...

We see Travellers as a very valuable addition to the work that we do and that early identification is really valuable. We see it as very effective. It allows counsellors to engage with the young people in a more positive way to begin with and then if they need to unpack some of their concerns, they've already got the relationships.

Graeme McCann

Principal, Rosehill College

Travellers™

Programme materials

At the facilitator training each participant receives a Travellers kit containing all the resources to deliver the programme. Programme materials to replenish the kits can be readily ordered through Skylight, including student Travellers diaries, sets of stickers and student, school and parent pamphlets.



Fee

Travellers is a co-facilitated programme. The facilitator training workshop is over 2 days. Each facilitator receives the Travellers Kit, containing resources for 15 students per Kit. Additional resources can be ordered for free.

The Travellers National Administrator provides on-going support, data management, and reporting.

Please contact the Travellers National Coordinator regarding the fee structure for the programme, which includes the 2 day Travellers facilitator training workshop.



HOW CAN WE PURCHASE THE TRAVELLERS PROGRAMME?

To purchase the **Travellers Programme** for your school please contact the Travellers coordinator.

Contact information:

The Travellers Coordinator,
Skylight, PO Box 7309,
Newtown, Wellington 6242,
NEW ZEALAND.

Phone: +64 4 939 6767

Fax: +64 4 939 4759

Website:

www.travellers.org.nz

Email:

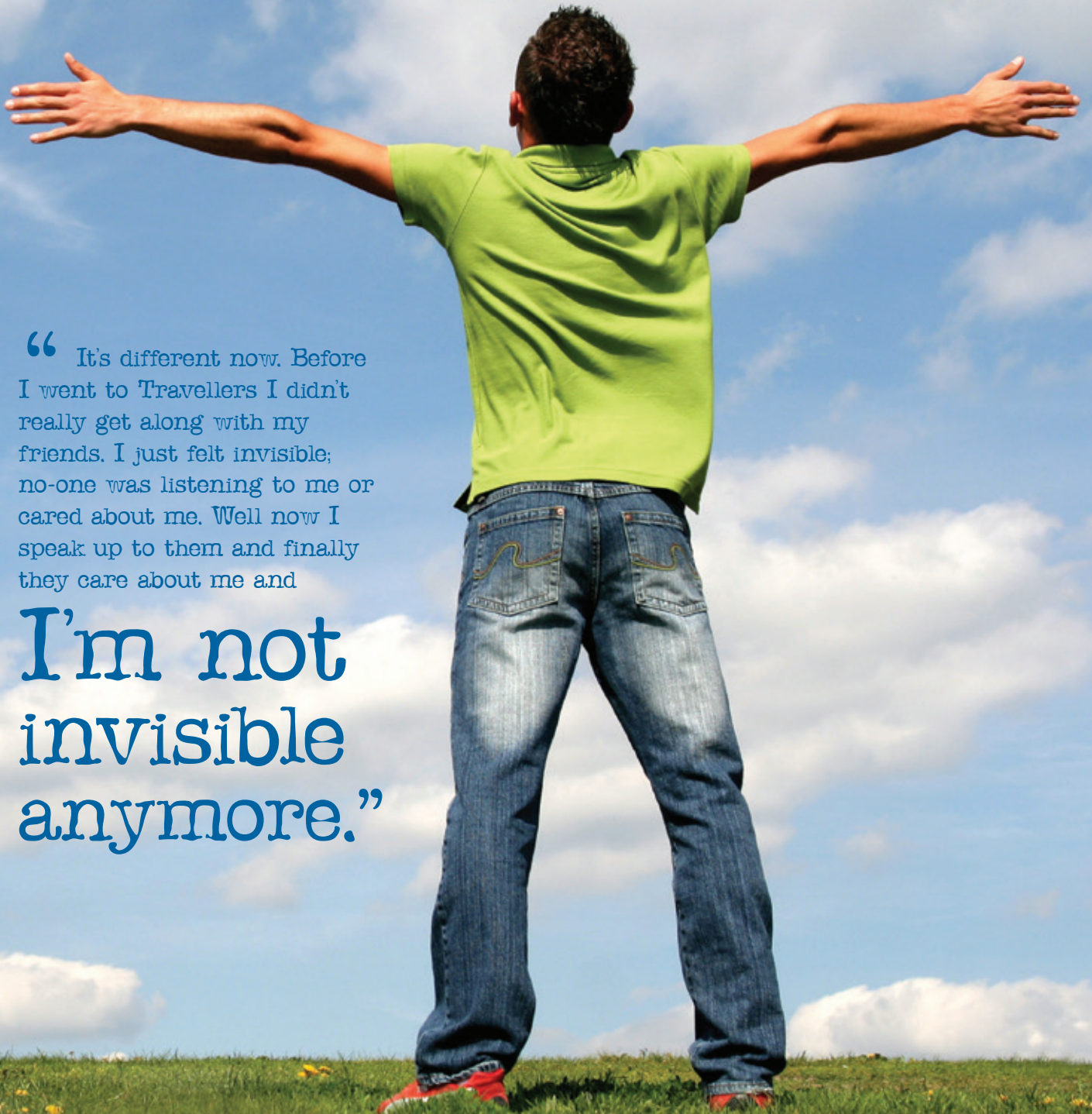
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