**Student Wellbeing and Resilience**

**2017-2018 Pre Budget Submissions**

*Yellow Lantern National Public Speaking program welcomes the opportunity to make a submission in advance of the 2017-2018 Budget considerations.*

**Overview**

**The Department of Education and Training has recognised that, not only do confident, resilient children with a capacity for emotional intelligence perform better academically, but that these skills can also contribute to the creation of strong social bonds, supportive communities, and the maintenance of healthy relationships and responsible lifestyles.**

**Yellow Lantern** is a modern provider of transformational workshops and programs for young people which brighten pathways through public speaking. Yellow Lantern assists students to speak powerfully, articulate ideas and be natural leaders whilst putting their personality first. Yellow Lantern and our Lantern League provides students with opportunities for belonging, engagement and positive self- belief.  
  
Public Speaking is an opportunity for students to feel, own and speak their words without fear of “getting it wrong”. Yellow Lantern’s programs transform even the most apprehensive students into resilient, comfortable and relaxed speakers, whilst building positive relationships within themselves, with their peers and the wider community.

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**Importance of the Yellow Lantern Program?**

***It is in line with the Education Department’s mission to improve student wellbeing by helping students develop*** ***capabilities which promote health and wellbeing and lead to success in life.***

In this context imagine seeing a student, who previously avoided public speaking at any cost, stand up in front their teacher, peers and parents and deliver a speech with confidence and excitement whilst actually enjoying public speaking!

Imagine seeing that student go through the rest of their lives never questioning their abilities, because they are confident, know they are capable and, just how awesome they are.

Yellow Lantern teaches children and young adults how to harness their greatness by igniting the flame inside of them. By the end of a program with Yellow Lantern, students will know how to:

* Choose magnificence
* Master their mistakes
* Find their shine
* Write a speech with power & personality
* Celebrate others

***"Yellow Lantern gave me a chance to believe in the real me"***  
***Aisha - Student***

**Student resilience and Wellbeing**

Yellow Lantern teaches students not only to love public speaking but how to be a fantastic audience and most importantly to enjoy being themselves.

Yellow Lantern is setting a benchmark for a new way of training public speaking. We provide a ‘can't fail’ approach through the use of social inclusion techniques and body awareness. We believe that once a student feels good within themselves and accepted by a group, they increase their self-esteem and believe they can achieve anything.

We were contacted by an College Coordinator at an ACT Year 11-12 College, with over 15 years’ experience, who had major concerns that 41 out of 200 students in the cohort were being made exempt from oral presentation tasks due to high stress and anxiety related to speaking in front of others. Yellow Lantern addresses the negative connotations related to public speaking before they can become learned behaviours. The program ensures that conditioned responses to negative past experiences are reversed and positive self-belief is instilled thus creating students of the future that will not have this fear and anxiety linked to oral presentations and sharing their voice and opinions in public domains.

After having delivered this program in our first ACT schools, we were overwhelmed at witnessing not only the transformation in the students, but received outstanding feedback from the teachers and parents involved. It would be unfortunate for all students in the ACT to not have access to such a transformational course. We are deeply passionate to deliver this program in every school in the ACT. But we also recognise that this would provide an amazing opportunity to young people across Australia, if the Yellow Lantern program could receive national funding.

After approaching various schools, the response is generally the same: the teachers are very interested but are restricted by their budgets.

In this context, Yellow Lantern and the associated Lantern League recommends consideration of two specific budget measures:

**In school Programs and workshops**

1. **$90,000 over 3 years to provide the opportunity for 16 schools in the ACT to facilitate and complete the 8 week Yellow Lantern training. Programs are tailored to connect with the Australian Curriculum and Kids Matter Framework.**  This level of funding would allow two schools each term to complete the full 8 week Yellow Lantern program. This would mean reaching over 1920 primary students in the ACT over the 3 year period. It would help to increase student wellbeing through building positive self-belief, increasing engagement and lowering anxiety levels.

**$30, 000 over 3 years to deliver workshops to Secondary and College Students along with Scholarships to attend Lantern League Club.** This funding would allow for flexible delivery of short courses and workshops to Colleges and Secondary schools in the ACT. Courses and workshops can be designed to focus on specific, school, personal or community needs. Annual scholarships to the after-hours Lantern League (a non-competitive speaking club for young people aged 8-18) will be offered to two students every term to continue their transformational journey and amplify the skills learnt during the Yellow Lantern 8 week program.

*“As a high school teacher in the ACT for over 12 years I have witnessed the growing trend of disengagement, anxiety and fear of public speaking rapidly growing in our Canberra youth. Students either refuse to participate in activities that involve sharing their voice or do so with limited success. I completed the Yellow Lantern facilitator training last year and can honestly say that it is the best and only curriculum I have seen that addresses why students feel anxiety towards public speaking and changes their mindset whilst developing technical skills such as speech writing, being a positive audience member and engagement techniques that they can take with them into the future. The Yellow Lantern Program is not just about public speaking it allows students to see that being themselves and being unique is amazing and how to share that unique voice with others.” Emma Menzies (Design and Technology, Lanyon High School)*

We would welcome the opportunity to facilitate discussions with students/parents/schools if the Minister is interested and would be happy to provide additional information regarding the program if necessary. Yellow Lantern welcomes and is excited by the opportunity to work with the government to see this delivered in the ACT and beyond.

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***"I still think the Yellow Lantern course was the best thing any of my kids have done in all of their time at school."***

**Rachel - Parent**