

# Formation Journey at Trinity College

*The Path to Becoming a Man for Others*

*Presented by Mr Clint Testa*

*Coordinator of Student Formation and Leadership*

# What is a Student Formation program?

- Opportunity for personal growth
- Preparation for demands and expectations of life outside of school.
- Development of a strong character.
- Development of integrity, compassion and purpose.

# Why is it important?

- Provide essential tools to overcome challenges
- Empower students with confidence and self-belief
- Combat the growing concerns around mental health issues in young Australians

# Mental Health State of Play

## PRIMARY

55% 

of students are ready  
to **learn.**

## SECONDARY

47% 

of students are ready  
to **learn.**

## PRIMARY

**32%** 

of students reported symptoms of **anxiety**.

## SECONDARY

**43%** 

of students reported symptoms of **anxiety**.

## PRIMARY

**1 in 4** 

experience symptoms  
of **depression.**

## SECONDARY

**1 in 3** 

experience symptoms  
of **depression.**

**65%**  
of adolescents  
**do not**  
**seek help**  
for mental illness

# How do we address this?

THE

**RESILIENCE  
PROJECT**

[THERESILIENCEPROJECT.COM.AU](http://THERESILIENCEPROJECT.COM.AU)

## **Year 7 ~ Becoming Brothers**

Transitioning into secondary school  
Organisation, relationship-building

## **Year 8 ~ Building Bridges**

Responsibility, Cultural Understanding

## **Year 9 ~ Becoming Men**

Personal growth, becoming a good human

## **Year 10 ~ Personal Development Workshops**

Life skills and understandings

# Year 7 – Becoming Brothers

*A program designed to help students who are entering a secondary school environment establish new friendships in a constructive and respectful manner, whilst also allowing for personal growth which is meaningful and sustainable, grounded in resilience and self-belief, giving them the best opportunity to succeed in all facets of their lives.*

# Year 7 – Becoming Brothers

- Term One: Adapting to change
  - Organisation
  - Developing a vision
  - Becoming Brothers Camp
  - Emotional Literacy
- Term Two: Building positive relationships
  - Bullying and Upstanding
  - Empathy

# Year 7 – Becoming Brothers

- Term Three: Being our best selves
  - Kindness
  - Gratitude
  - Mindfulness
- Term Four: Inclusivity and Connection
  - Compassion
  - Inclusivity
  - Managing online presence and behaviour

# Year 8 – Building Bridges

*A program designed to build students' capacity to assume more responsibility for their actions and behaviours, with the purpose of strengthening their bonds with others and increasing their capacity to achieve personal excellence in all aspects of their lives.*

# Year 8 – Building Bridges

- Term One: Self actualisation
  - Strengths and values
  - Emotions and moods
  - Perspectives
- Term Two: Cultural Understanding
  - Cultural empathy
  - Social justice
  - Diversity and cultural awareness

# Year 8 – Building Bridges

- Term Three: The Modern World
  - Self-belief
  - Screen time and social media
  - Digital Citizenship
  - Optimism
- Term Four: Respectful Relationships
  - Mindfulness
  - Positive relationships

# Year 9 – Becoming Men

*A Rite of Passage program in which students are instilled with important values which will equip them with the tools and inner fortitude to tackle the many hurdles that teenagers face in today's world.*

# Year 9 – Becoming Men

- Term One: Understanding Self
  - Understanding my family
  - Values
  - Role Models
  - Mentors
- Term Two: Educating Men, Empowering Women
  - Social Sexuality
  - Challenges women face
  - Consent and coercive control

# Year 9 – Becoming Men

- Term Three: The making of a good man
  - Masculinity
  - Values
  - Emotional intelligence
  - Integrity, honesty, empathy, compassion
  - Manhood manifesto
- Term Four: Personal Project

# Year 10 – Personal Development Workshops

## Keys 4 Life

- National pre-driver education program
- Creates better attitudes towards driver education and safety in young men.
- Theory-based activities as well as practical-based tasks
- Earn a Certificate of Competency allowing the student to obtain their learner's permit at a discounted price and without the need to sit a theory test.

# Year 10 – Personal Development Workshops

## Careers

- Research possible career pathways
- Create a package that can be used to apply for employment. This includes:
  1. A compelling cover letter
  2. A detailed resume
  3. An interview cheat sheet

# Year 10 – Personal Development Workshops

## Food tech @ Mercedes

- Students will be transported to Mercedes College
- Food Tech teachers, facilities and resources
- Four separate recipes which they can take home and whip up for their families
- Leave here at 1pm
- Dismissed directly from Mercedes at 2.45

# Year 10 – Personal Development Workshops

## Christian Service

- Develop appreciation for the elderly
- One preparatory class
- Three classes helping out at an aged-care facility
- Transported from school at the end of lunch
- Dismissed directly from their placement

# Year 10 – Personal Development Workshops

## Relationship IQ

- Sex Positivity - exploring the language we use around sex, our bodies, gender and sexuality.
- Expectations of men and women - exploring healthy masculinity and femininity, and common myths for both men and women.
- Pornography – its impact on developing brains, as well as perceptions of both male and female bodies.
- Consent – what it should look like and what it looks like when consent has not been given.

# Year 10 – Personal Development Workshops

## Positive Mental Health

- promote wellbeing and support positive mental health
- Facilitated by school psychs and counsellors
- emotional awareness and regulation
- understanding helpful and unhelpful thoughts and behaviours
- navigating available supports and recourses

# Year 10 – Personal Development Workshops

## Financial Literacy

- Common financial matters
- How can we make money and spend money?
- Saving money and budgeting.
- The dangers of credit and how much loans really cost us.
- Scams and Fraud – with an ever-increasing amount of people being scammed in various ways, what are some things to look out for to avoid being one of them.

THE

# RESILIENCE PROJECT

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[THERESILIENCEPROJECT.COM.AU](http://THERESILIENCEPROJECT.COM.AU)

**G**ratITUDE

**E**mpathy

**M**indfulness &

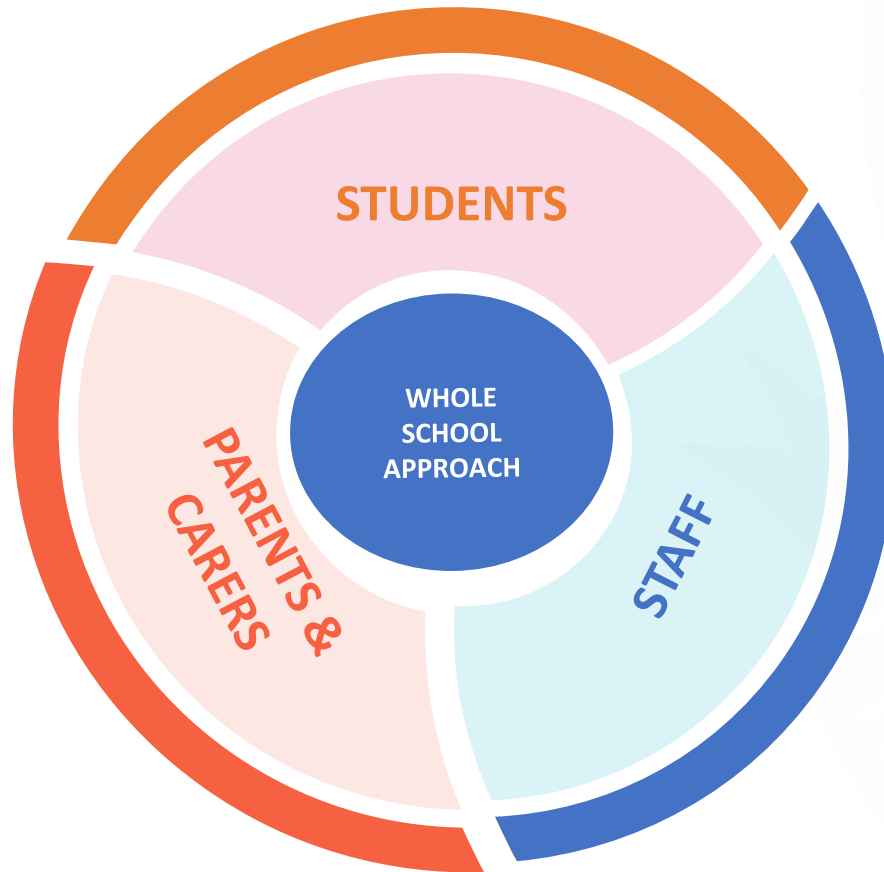
**E**motional **L**iteracy



# TRP at Trinity College

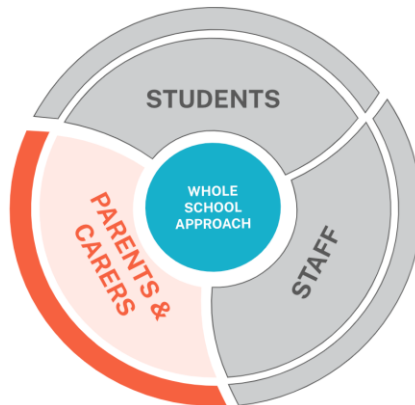
# Whole School Approach

- Junior School: weekly lessons in-class
- Year 7 and 8: Embedded in their formation programs
- Year 9 and 10: Embedded in their pastoral care program
- Teachers who care, are passionate and invested
- TRP@Home component
- GEM Chats



# Parent & Carer Resources

<https://theresilienceproject.com.au/2025-parent-carer-hub-inspire-1/>



## GEM Chats



21 DAY WELLBEING JOURNAL



FAMILY WELLBEING JOURNAL



6 MONTH WELLBEING JOURNAL



GEM CONVERSATION CARDS

## TRP Resources

## Activities at Home

# Formation Journey at Trinity College

*The Path to Becoming a Man for Others*

*A whole school approach designed to support your sons in becoming the best version of themselves as they head towards young adulthood.*