

## Research

An Australian report<sup>1</sup> released in October 2007 found that 61% of students find it hard to express feelings and 40% say they are not learning about how to make friends or how to solve personal problems. The report affirms the philosophy and principles of Lions Quest:

- social and emotional well-being empowers students to meet the physical, intellectual and social challenges facing them and
  - there are good teaching practices that support the development of social and emotional health and wellbeing.
- The Lions Quest programs utilise these good teaching practices and provide the tools for teachers to tackle this vital task.**

The Lions Quest programs have been reviewed and chosen as CASEL 'select' programs (based on evidence of effectiveness, availability of professional development, and key social and emotional learning skills).

1. The State of Student Social and Emotional Health. ASG (Australian Scholarships Group), October 2007. Retrieved 9 November 2007 <http://www.asg.com.au/socialemotion/>
2. Safe and Sound: An educational leader's guide to evidence-based social and emotional learning programs. CAS EL (Collaborative for Academic, Social and Emotional Learning), March 2003.



A Program of Lions Clubs International Foundation

**Lions Quest is...**  
a wholly owned project of Lions Clubs International Foundation, and is implemented in over thirty countries throughout the world. In Australia, the Lions Quest programs are administered by The Australian Lions Quest Youth Institute, supported by many Lions Clubs throughout the country, and implemented with success in primary and secondary schools in all states.

# LIONS QUEST

enhancing student well-being through social and emotional learning



## Testimonials

That first afternoon armed with my box of koosh balls, I took my class outside and we played 'getting to know each other' games from the Lions Quest *Energise!* book. In fact, I used the *Energise!* book just about every day that year! Some of the Grade 6 children, two boys in particular, were reluctant to join in at first. But they soon saw that we were all having fun and they weren't – and they were right there with everyone else by the end of that first week.

It was a hard year. I religiously used *Skills for Growing* lessons every day in the first few weeks. The children loved the activities that entailed lots of group work, active learning and most importantly, fun! Gradually I began to notice an improvement in individual behaviour and in the way the children were communicating with each other and with me. Soon other teachers became curious about Lions Quest and what we were doing and they were keen to try it in their classrooms.

At the beginning of 1999 the whole staff of 70 people attended a two-day *Skills for Growing* training workshop. Since then, the Lions Quest whole-school approach to positive, pro-active, preventative behaviour management has had a significant impact on the way we operate as a school community.

The Lions Quest *Skills for Growing* and *Skills for Adolescence* programs continue to play an important role in our school curriculum and help us to create a warm, caring and supportive environment. We believe in learning from the inside out – by first creating the right social and emotional state for children to learn.

Lions Quest dovetails neatly with the National Goals for Schooling through the explicit teaching of skills and through a reflection process that is part of every lesson. The goals of the Lions Quest programs continue to be our goals at Marsden State School.

**Christine Wheeler**  
Deputy Principal - Marsden State School, Brisbane, Qld.  
(Excerpt from address to Lions Convention, Oct 2007)

From a health care (health promotion) perspective I was delighted to participate in a workshop that addresses the fundamentals of child and adolescent social and emotional competencies.

Lions Quest teaches resilience, social skills, confidence and cooperation - the building blocks of social and emotional health. This initiative has immense potential to reduce the risk of internal and environmental triggers that frequently lead to hopelessness and the burden of debilitating acute or chronic psychological disturbances in young people.

I strongly recommend that Lions Quest be considered for appropriate funding to allow all primary & secondary students access to this valuable educational resource.

**Kim Davidson**  
Faculty of Nursing / President Students Association 2008  
Australian Catholic University, McAuley Campus, Qld.  
(From letter following attendance at a Lions Quest workshop, October 2007)

In the past 15 - 20 years I have worked in many roles in schools with high numbers of at-risk students and I believe that Lions Quest training is essential for all teachers in schools such as this if we are to encourage and produce productive members of society.

My experience has shown me that many students do not have the social and emotional skills to cope in an ever demanding and complex world. Research at our school shows that the biggest single factor in student disengagement from school is an inability to behave appropriately - both socially and emotionally - with the range of issues in their lives.

The Lions Quest programs are excellent as they guide teachers and parents in the art of allowing children to develop skills and experience through practical easy to follow activities and lessons.

**Ian Kent** - Principal Stuart High School, Whyalla, SA  
(Extract from August 2007 letter to Lions Quest Director regarding several years experience with Lions Quest)

**Lions Quest Programs** offer a whole-school approach to social and emotional wellbeing. In line with current educational literature in social and emotional learning, resilience and connectedness Lions Quest programs empower teachers to:

- build relationship-centred learning communities with high expectations for behaviour
- use experiential learning approaches that include inclusive and interactive strategies
- include reflection as an integral part of the learning process
- recruit parents and community members as partners in promoting personal and social responsibility in young people.

### Learning Outcomes

As a result of effective implementation of Lions Quest programs, students will:

- value and respect themselves and others
- feel comfortable and valued as members of classroom and school communities
- be able to manage conflict constructively
- learn to use interpersonal skills in relating to others
- be able to make positive and responsible decisions
- learn to use medicines and other legal drugs responsibly and to avoid harmful drug use
- apply academic knowledge and interpersonal skills to address appropriate school and community needs.

### Addressing School Needs

Lions Quest *Skills for Growing* and *Skills for Adolescence*...

- provide high quality, research-based classroom resources for teachers and attractive, relevant learning materials for students
- present opportunities for students to learn and practise skills that build and enhance resilience and effective relationships
- involve the family, school and community in supporting the healthy development and success of young people.
- immerse teachers in a professional development day of reflection, practice and action planning.

## Skills for Growing

### Skills For Growing

*Skills for Growing* is designed to help you create a classroom environment that nurtures and enhances learning and is available by attending a one-day accreditation workshop.

#### Through a series of thematic teaching units, students -

- develop positive behaviours such as self-discipline, good judgement and responsibility
- practice skills and strategies to resolve conflicts peacefully
- learn the importance of respecting themselves and others



- celebrate diversity.

#### Teaching kits at each grade level

• **Seven Thematic Teaching Units** • Building a School Community • Growing as a Group • Making Positive Decisions • Setting Goals for Service • Growing up Healthy • Celebrating You and Me. The units come bound into a pocket folder that provides a storage area for your own topic related material and are packaged in a sturdy storage box. Each unit contains easy-to-use lesson plans designed to reduce your preparation time.

• **Drug Information Guide** - includes resource information for teachers to support the 'Growing up Healthy' unit.

• **Teachers Resource Guide** - illustrates the program rationale and philosophy, teaching and implementation strategies, scope and sequence, and suggestions for supplementary videos, books, internet sites, and other resources to support your classroom efforts.

• **The Family Connection: A Guide to Leading Parent Meetings** - includes material for three parent meetings that familiarise parents with the skills and concepts in *Skills for Growing* as well as guidelines for developing new parent meetings.

• **Creating a Positive School Climate: A Guide for School Climate Committees** - includes ideas and procedures for creating a supportive learning environment through school-wide activities.

• **Together Times** - activity booklets for students to share with their families which reinforce lesson concepts, provide activities that promote child/parent interaction and help students strengthen their skills at home with the help of their families.



## Skills for Adolescence

### Skills for Adolescence

Lions Quest *Skills for Adolescence* is a comprehensive social skills program for young people in upper primary, lower secondary or middle schools. The program helps students, parents and teachers cope more effectively with the physical, emotional and social challenges of the early adolescent years. It promotes positive social attitudes, respect and responsibility, and at the same time works to prevent a variety of negative factors including alienation and disengagement, and negative behaviors - such as violence - that are problematic for many of the young people in our communities.



#### Classroom Curriculum

The Lions Quest *Skills for Adolescence* curriculum consists of 67 sequential, skill-building lessons and can be adapted to a variety of settings and formats. Models for 1, 2, 3 and 4-year implementation are available from the Lions Quest office on 1800 805 334 or at [www.lionsclubs.org.au/lions-quest](http://www.lionsclubs.org.au/lions-quest).

The lessons are arranged into seven teaching units and a Service-Learning (Community-Based Learning) unit. The five lessons in this unit take students through a process of preparation, action, reflection and celebration while they apply academic knowledge and interactive skills to address important school and community needs.

#### Teaching Units

**Unit 1:** Entering the Teen Years:

The Journey of Adolescence

**Unit 2:** Building Self-Confidence and Communication Skills

**Unit 3:** Managing Emotions in Positive Ways

**Unit 4:** Improving Peer Relationships

**Unit 5:** Strengthening Family Relationships

**Unit 6:** Making Healthy Choices

**Unit 7:** Setting Goals for Healthy Living



#### Accreditation Training

The *Skills for Growing* and *Skills for Adolescence* programs are sold with the requirement to complete a one-day accreditation training to gain familiarity and hands-on experience with the theoretical framework and program materials, and to plan for effective program implementation. Follow-up support is available through supplementary materials, a toll-free phone number: **1800 805 334** and a website:

[www.lionsclubs.org.au/lions-quest](http://www.lionsclubs.org.au/lions-quest)