



Respectful Relationship Education

2024 PROSPECTUS

ALOHA is a for-purpose organisation focused on positive relationship & sexual education for 'every' body

YOUTH



0416 187 523

www.alohacare.com.au

1198 Grand Junction Rd
Hope Valley SA 5090



ASK - LISTEN - OBSERVE - HELP - ADVOCATE



ASK - LISTEN - OBSERVE - HELP - ADVOCATE



PROUDLY SUPPORTS:



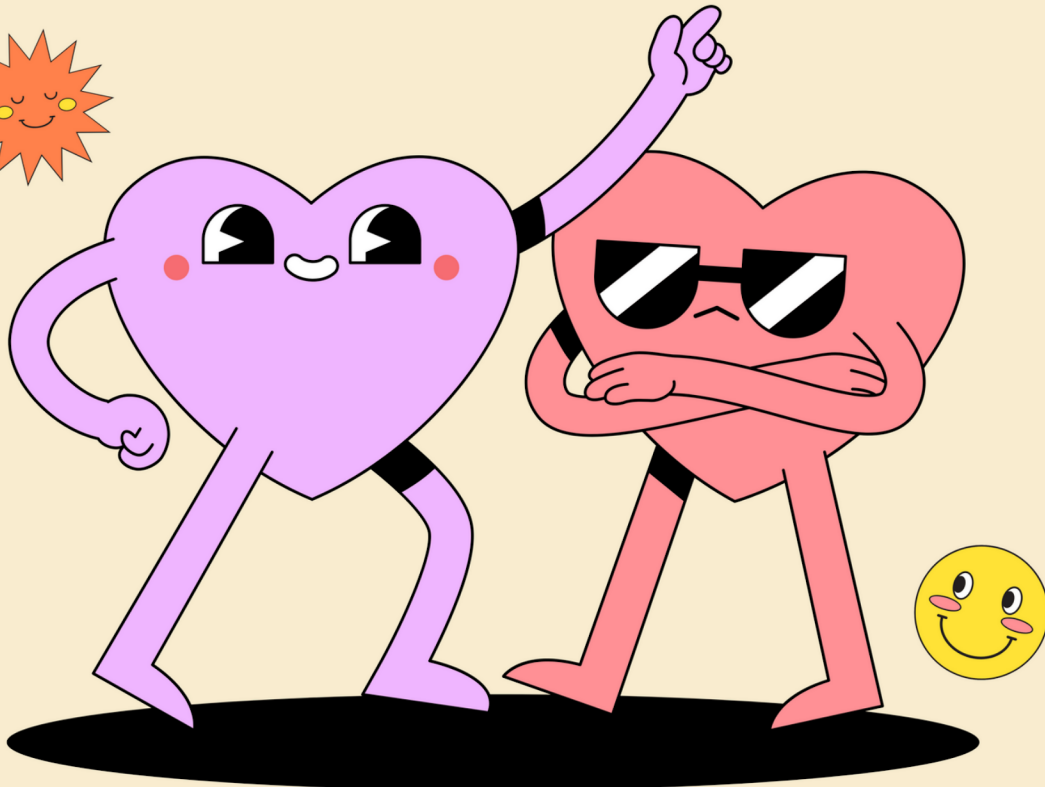
RESPECTFUL RELATIONSHIPS | **NAPCAN** PREVENT CHILD ABUSE & NEGLECT
EDUCATION FOR YOUNG PEOPLE



LOVE BiTES

Love Bites is a Respectful Relationships Education Program for young people aged 15-17; A program aim to **Make Children Feel Safe Anywhere.**

YOUTH



The three modules in the framework are designed to support participants to address the following eleven program objectives:

- Increase knowledge of healthy & unhealthy relationships
- Increase ability to for self care & kindness
- Increase capacity to set healthy boundaries
- Increase connection to feelings
- Increase ability to respecting boundaries set by others
- Increase sense of self worth
- Increase skill in assertive & effective communication
- Increase connection to body
- Decrease myths relating to sexual wellbeing, intimacy and consent
- Increase belief in entitlement to human rights
- Increase ability to recognise a potentially abusive or exploitive person

The LOVE BITES Group Program: Based on best practice standards for education programs as recommended by the Federal Government funded Australian Domestic and Family Violence Clearing House and other leading academics in the area of violence against women.

LOVE BITES is run over 2 full days (depending on group size)

MODULE ONE: RELATIONSHIPS & THE LINE

MODULE TWO: RELATIONSHIPS, SEX & CONSENT

MODULE THREE: MAKING CHANGE, SPEAKING UP & SPEAKING OUT

0416 187 523

HELLO@ALOHACARE.COM.AU

THE SENDEN HOPE VALLEY



YOUTH

Puberty Preparation Program

GROWING PAINS



Designed to support young people with autism, neurodivergence and disability to navigate the puberty years



The six modules in the framework designed to support participants to address the following eleven program objectives:

- Increase knowledge of healthy & unhealthy relationships
- Increase capacity to set healthy boundaries
- Increase ability to respecting boundaries set by others
- Increase skill in assertive & effective communication
- Decrease myths relating to puberty, body changes and reproductive wellbeing,
- Increase ability to for self care & kindness
- Increase connection to feelings
- Increase sense of self worth
- Increase connection to body
- Increase belief in entitlement to human rights
- Increase ability to recognise a potentially abusive or exploitive person

THE GROWING PAINS GROUP PROGRAM: A HUMAN RIGHTS APPROACH TO EMPOWERING PARTICIPANTS ABOVE TO EXPLORE TOPICS RELATED TO BODY CHANGES, RELATIONSHIPS & ALL THINGS PUBERTY

MODULE ONE: SELF-AWARENESS & EMBRACING IDENTITY

MODULE TWO: NAVIGATING BODY CHANGES

MODULE THREE: SEXUAL EXPRESSION & COMMUNICATION

**The reproductive system, menstruation & pelvic health*

MODULE FOUR: NAVIGATING FRIENDSHIPS, PEER PRESSURE & SUPPORT SYSTEMS

MODULE FIVE: MENTAL HEALTH & SELF-CARE

**Personal hygiene and mental health self care*

MODULE SIX: CONFIDENCE & RESILIENCE

How to cope with big feels during times of change

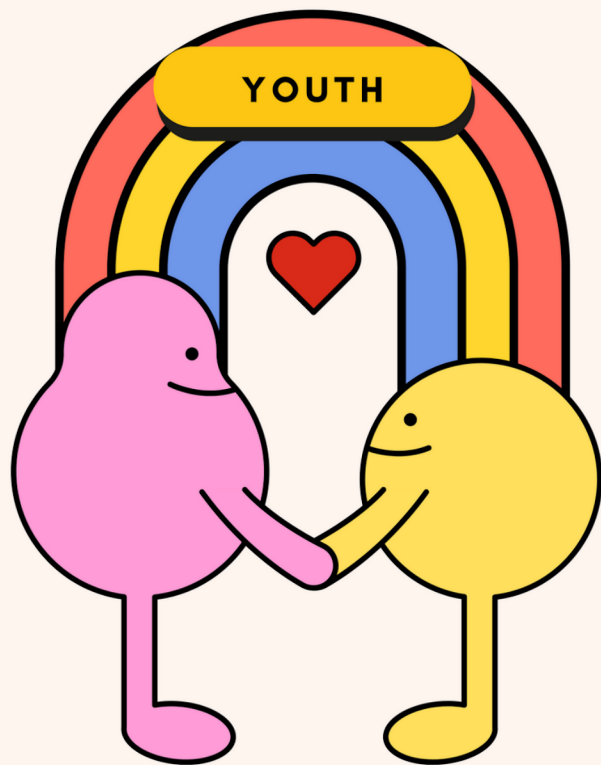
0416 187 523

HELLO@ALOHACARE.COM.AU

THE SENDEN HOPE VALLEY

DATING DIFFERENTLY

UNDERSTANDING SAFE MEANINGFUL
RELATIONSHIPS AND BUILDING LASTING
CONNECTIONS.



RESPECTFUL RELATIONSHIP EDUCATION

The six modules in the framework are designed to support participants to address the following eleven program objectives:

- Increase knowledge of healthy & unhealthy relationships
- Increase ability to for self care & kindness
- Increase capacity to set healthy boundaries
- Increase connection to feelings
- Increase ability to respecting boundaries set by others
- Increase sense of self worth
- Increase skill in assertive & effective communication
- Increase connection to body
- Decrease myths relating to sexual wellbeing, intimacy and consent
- Increase belief in entitlement to human rights
- Increase ability to recognise a potentially abusive or exploitive person

THE DATING DIFFERENTLY GROUP PROGRAM: A HUMAN RIGHTS APPROACH TO EMPOWERING NDIS PARTICIPANTS ABOVE THE AGE OF CONSENT TO BUILD AND MAINTAIN LASTING CONNECTIONS

MODULE ONE: SELF-AWARENESS

MODULE TWO: DATING ETIQUETTE

MODULE THREE: BOUNDARIES & CONSENT

MODULE FOUR: SEXUAL WELL-BEING

MODULE FIVE: EMOTIONAL WELLBEING

MODULE SIX: ONLINE SAFETY / PRACTICAL APPLICATION

0416 187 523

HELLO@ALOHACARE.COM.AU

THE SENDEN HOPE VALLEY

YOUTH

S'HEROES

A WOMENS EMPOWERMENT & RESILIENCE WORKSHOP



The five steps in the framework are combined with key trauma and gender violence psycho-education to address the following eleven program objectives:

- Increase knowledge of healthy & unhealthy relationships
- Increase capacity to set boundaries
- Increase skill in assertive communication
- Increase awareness of the impacts of abuse
- Decrease any feelings of self blame for abuse
- Increase ability to for self care & kindness
- Increase connection to feelings
- Increase sense of self worth
- Increase connection to body
- Increase belief in entitlement to human rights
- Increase ability to recognise a potentially abusive or exploitive person

S'Heroes Workshop: A human rights approach to empowerment and healing for young women who have witnessed or experienced sexual assault or family violence.

S'Heroes Workshop consists of "the shark cage" program modules and is complimented by a self-care module facilitated by local beauticians and a self defence module based on CPI modules

0416 187 523

HELLO@ALOHACARE.COM.AU

THE SENDEN HOPE VALLEY

"Uniting Hearts, Celebrating Diversity"

COLOURFUL CONVERSATIONS

A 6 week program designed to hold space for participants to explore topics related to gender, sexuality, sexual expression, and intimacy in a safe and inviting environment



YOUTH

The six modules in the framework designed to support participants to address the following eleven program objectives:

- Increase knowledge of healthy & unhealthy relationships
- Increase ability to for self care & kindness
- Increase capacity to set healthy boundaries
- Increase connection to feelings
- Increase ability to respecting boundaries set by others
- Increase sense of self worth
- Increase skill in assertive & effective communication
- Increase connection to body
- Decrease myths relating to sexual wellbeing, intimacy and consent
- Increase belief in entitlement to human rights
- Increase ability to recognise a potentially abusive or exploitive person

THE COLOURFUL CONVERSATIONS GROUP PROGRAM: A HUMAN RIGHTS APPROACH TO EMPOWERING PARTICIPANTS TO EXPLORE TOPICS RELATED TO GENDER, SEXUALITY & ALL THINGS LGBTQIA+

MODULE ONE: SELF-AWARENESS & EMBRACING IDENTITY

MODULE TWO: NAVIGATING LABELS & PRONOUNS

MODULE THREE: SEXUAL EXPRESSION & COMMUNICATION

*Module 3 is modified to present age appropriate content to within the youth program

MODULE FOUR: COMING OUT & SUPPORT SYSTEMS

MODULE FIVE: MENTAL HEALTH & SELF-CARE

MODULE SIX: CELEBRATING DIVERSITY & FUTURE ADVOCACY

0416 187 523

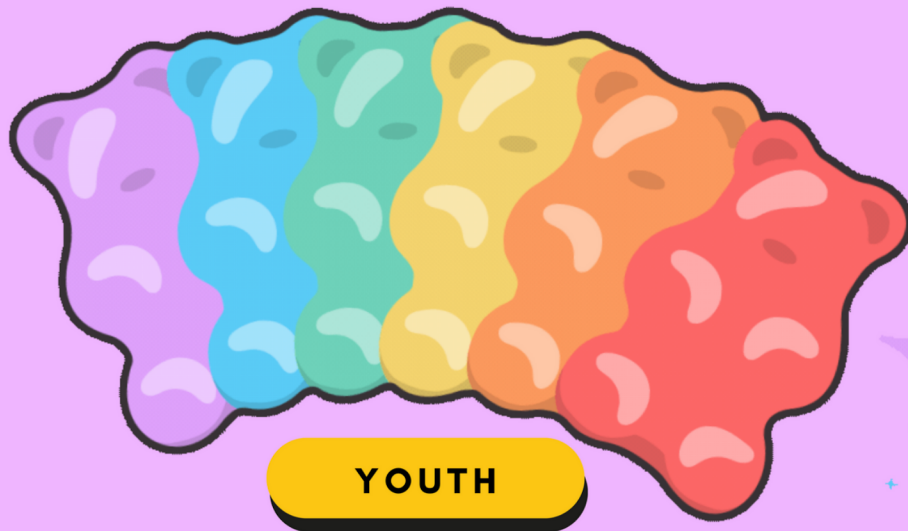
HELLO@ALOHACARE.COM.AU

THE SENDEN HOPE VALLEY



LOVE IS LOVE

RAINBOW ROMANCE



UNDERSTANDING SAFE MEANINGFUL
RELATIONSHIPS AND BUILDING LASTING
CONNECTIONS.

RESPECTFUL RELATIONSHIP EDUCATION

The six modules in the framework are designed to support LGBTQIA+ participants to address the following eleven program objectives:

- Increase knowledge of healthy & unhealthy relationships
- Increase ability to for self care & kindness
- Increase capacity to set healthy boundaries
- Increase connection to feelings
- Increase ability to respecting boundaries set by others
- Increase sense of self worth
- Increase skill in assertive & effective communication
- Increase connection to body
- Decrease myths relating to sexual wellbeing, intimacy and consent
- Increase belief in entitlement to human rights
- Increase ability to recognise a potentially abusive or exploitive person

THE DATING DIFFERENTLY GROUP PROGRAM: A HUMAN RIGHTS APPROACH TO EMPOWERING NDIS PARTICIPANTS ABOVE THE AGE OF CONSENT TO BUILD AND MAINTAIN LASTING CONNECTIONS

MODULE ONE: SELF-AWARENESS

MODULE TWO: DATING ETIQUETTE

MODULE THREE: BOUNDARIES & CONSENT

MODULE FOUR: SEXUAL WELL-BEING

MODULE FIVE: EMOTIONAL WELLBEING

MODULE SIX: ONLINE SAFETY / PRACTICAL APPLICATION

0416 187 523

HELLO@ALOHACARE.COM.AU

THE SENDEN HOPE VALLEY



8-WEEK PROGRAM FOUNDED ON DRAMA & DANCE
THERAPY DESIGNED TO HELP PARTICIPANTS TO
EXPLORE THEIR EMOTIONS AND CONNECTION TO THE
WORLD AROUND THEM

The eight modules in the “Acting Out” framework are designed to support participants to address the following eleven program objectives:

- Increase knowledge of the physics of friendships & friendship styles
- Increase capacity to set healthy boundaries & respect boundaries set by others
- Increased conflict resolution skills
- Increase skills in effective communication
- Increased capacity for reflection and insight
- Increase ability to for self care & kindness
- Increase connection to feelings through emotional literacy and EI
- Increase sense of self worth
- Increase connection to body
- Increase belief in entitlement to human rights
- Increase emotional resilience

THE “ACTING OUT: GROUP PROGRAM: A HUMAN RIGHTS APPROACH TO EMPOWERING NDIS PARTICIPANTS TO EXPLORE THEIR EMOTIONS AND CONNECT WITH THE WORLD AROUND THEM USING THEATRE SPORTS, DANCE AND OTHER DRAMA BASED TECHNIQUES

MODULE ONE: SELF-AWARENESS

MODULE TWO: THEATRICAL STORYTELLING

MODULE THREE: BODY & EMOTION CONNECTION

MODULE FOUR: EXPLORING CONFLICT & RESOLUTION

MODULE FIVE: CONNECTING WITH OTHERS THROUGH MOVEMENT

MODULE SIX: SELF-EXPRESSION THROUGH MONOLOGUES

MODULE SEVEN: EXPLORING TRANSTIONATION

MODULE EIGHT: CREATIVE PROBLEM SOLVING & EMBODYING EMPATHY

0416 187 523

HELLO@ALOHACARE.COM.AU

ALOHA CARE HUB HOPE VALLEY

SEXUAL HEALTH IS FOR EVERY BODY



ASK - LISTEN - OBSERVE - HELP - ADVOCATE

ALOHA



SUPPORT CONNECTION

SUPPORT COORDINATION

SPECIALIST SPECIALIST SUPPORT COORDINATION

1:1 WORKSHOP FACILITATION

STAFF UP-SKILLING / TRAINING



MIND YOUR MIND SUPPORT GROUP

Weekly "NDIS parent" support group



Weekly Discussion Topics Include

- ✓ Applying for & Navigating the NDIS
- ✓ Understanding "reasonable & necessary"
- ✓ Understanding 'Glass Child Syndrome'
- ✓ Getting the most from your Cos / LAC
- ✓ Understanding the importance of NDIS goals & plan reviews
- ✓ Understanding the importance of NDIS goals & plan reviews
- ✓ Carers burnout: what is it & how do I avoid it?

Only Limited Seats Available!

Bookings Essential

Weekly agendas are decided by the group as a collective. Open discussions are strongly encouraged

For More Info:
hello@alohacare.com.au
0416 187 523

REGISTER YOUR INTEREST HERE



ALOHA CARE

0416 187 523

HELLO@ALOHACARE.COM.AU

THE SENDEN HOPE VALLEY