



HILLSONG CITYCARE



SHINE *Girl.*
WORTH. STRENGTH. PURPOSE.



introduction

SHINE *GIRL*. is about equipping girls with the knowledge and skills to discover who they are and the person they want to become. This program challenges participants to find the strength and courage within them to accept and love who they are, to make healthy choices and live to their full potential.

SHINE is about equipping girls with the knowledge and skills to discover who they are and the person they want to become. This program challenges participants to find the strength and courage within them to accept and love who they are, to make healthy choices and live to their full potential.

The program is not aimed at stereotyping what girls should be like or how they should behave. It does hope to offer girls new

agentive positions to co-construct stories of identity in which they discover a new language to speak about self, their values, and to state their desires and preferences. Many young people in our communities do not know or believe they are valuable and unique individuals, and struggle to find acceptance amongst their peers and meaning for their life.

According to 2018 data from the World Health Organisation (WHO) on adolescent mental health, depression is one of the leading causes of disability and suicide is the third leading cause of death for adolescents worldwide, and these rates have continued to rise in the last decade¹. A lack of a positive sense of self and hope for the future can result in impairments to physical, psychological and social functioning for youth, which can extend into adulthood. Therefore, investing into the health and wellbeing of adolescents now, can lead to healthy adults, families and communities in the future.

Community-based early intervention and prevention programs are needed to complement clinical and acute care services. SHINE provides a safe and supportive environment where through sharing of knowledge and open discussions, dominant ideas of what makes a girl beautiful, discourses that subjugate girls and contribute to non-agentive positions by which girls grade their worth and value can be challenged. SHINE emphasises that to value others, we need to first value ourselves.

The foundational concepts of worth, strength and purpose are aligned with other early intervention and prevention programs targeted at building resilience and improving overall psychological wellbeing. By using a holistic and strengths-based approach, SHINE reinforces that every girl is different and has unique strengths, qualities and skills. It's a celebration of diversity. The program illustrates that each individual possesses the capacity to make a meaningful contribution to the world.

SHINE *GIRL.*

IS A PERSONAL DEVELOPMENT AND GROUP MENTORING TOOL FOR SECONDARY SCHOOL-AGED GIRLS. IT ADOPTS HOLISTIC, STRENGTHS-BASED AND EXPERIENTIAL APPROACHES TO LEARNING.





overview

aim.

For each participant to:

Develop understanding of her own personal worth, strength and purpose and realise her capacity to build a meaningful and contributing life.

objectives.

Equip participants to:

- Identify themselves as valuable and of worth
- Build confidence and self-esteem
- Develop respect and boundaries in relationships
- Recognise one's unique strengths, skills and abilities
- Identify and regulate emotions
- Learn decision-making skills
- Identify personal values and set desired goals
- Increase their sense of social connectedness and belonging

These objectives are achieved through three foundational concepts:

WORTH. STRENGTH. PURPOSE.

I HAVE WORTH - *Body, mind and soul, I am wonderfully made.*

The focus for these sessions is for each girl to understand for themselves that they are valuable. Their uniqueness is something to celebrate.

I HAVE STRENGTH - *Choose life.*

These sessions explore the power of choice and the power that decisions have on shaping a person's future. Topics include emotion regulation, problem-solving, and healthy boundary-setting and respect.

I HAVE PURPOSE - *I have a hope and a future.*

Purpose is examined through exploring individual hopes, dreams and desires. Discussions on values, goal setting, potential, talents and practical activities are used to equip and build confidence to live out a purpose-filled and meaningful life.



program information

RESEARCH AND DEVELOPMENT

The content and structure of SHINE is underpinned by doctoral research examining the effectiveness of a human resource development program in increasing participant's sense of worth, strength and purpose in life.

THEORETICAL UNDERPININGS

The development of the SHINE program draws on the expertise of individuals from various fields, including psychology, counselling, social work, youth work, community development and education. It adopts a cognitive behavioural framework, draws on the principles of positive psychology, and uses values-based strategies.

The program aims to equip individuals with cognitive and behavioural tools to address maladaptive and unhealthy thinking, and to encourage positive or healthy beliefs about the self, resulting in increased opportunities for positive emotions, relationships and experiences.

The program is concerned with developing whole, secure and flourishing individuals who are able to embrace their self-worth, strengths, build healthy relationships and community, and believe in their capacity to make a meaningful contribution to their world.

It is important to note that SHINE is not a psychological intervention, it simply draws on psychological theories and frameworks. The program should be seen as an adjunct to psychological and clinical interventions.

“A state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”

(WORLD HEALTH ORGANIZATION, 2004)

STRENGTHS-BASED APPROACH

SHINE focuses on addressing the strengths and skills the participants possess rather than their weaknesses or deficits. The strengths-based approach challenges participants to grow and change by identifying and using their strengths as a personal resource. Participants are encouraged to become the expert within their own life.

EXPERIENTIAL LEARNING

SHINE applies experiential learning approaches to support the link between theory, concepts and practice; a sense of ‘learning by doing’. The program engages participants through direct experience and focused reflection in order to clarify novel concepts, increase knowledge, and build new thoughts, ideas and skills.

SOCIAL LEARNING

The program fosters positive peer experiences through the use of peer participation, modelling by facilitators, and the use of group-based discussions and

activities aimed at introducing novel thoughts, attitudes and behaviours. The program offers a non-judgemental and safe space that allows individuals to learn from one another, mentor one another, and collect shared experiences.

CULTURALLY SENSITIVE PRACTICE

SHINE facilitators are required to exercise cultural competence within their practice. The program is designed not only to acknowledge and increase understanding of diversity and differences, but to celebrate and cultivate it. The program hopes to instill an attitude of curiosity and learning from diversity.

SINGLE SEX VS MIXED-SEX GROUPS

The three core concepts of SHINE (worth; strength; purpose) are gender-neutral concepts that are inherently applicable to every individual. SHINE aims to create a space where dominant concepts related to one’s identity are explored whilst unveiling a message of equal worth and value to develop a healthy sense of self.

SHINE was originally designed as a single-sex program due to the vulnerable nature of certain target population groups. However, this does not mean the program cannot be facilitated in mixed-sex groups, as gender-conscious work can occur in both single-sex and mixed-sex settings. It is up to the discretion of the facilitating organisation to determine the most suitable group structure. As long as a safe space can be created for participants, the outcomes can be reached.



SHINE *GIRL*.

SESSIONS ALLOW GROUP MEMBERS TO PARTICIPATE IN EXPERIENTIAL AND REFLECTIVE ACTIVITIES, CONTRIBUTE TO IN-DEPTH DISCUSSIONS, AND ENGAGE IN SOCIAL INTERACTIONS WITH OTHER PARTICIPANTS AND FACILITATORS.

SESSION OUTCOMES

worth.

SESSION 1: I AM VALUABLE

By the end of this session each participant will be able to:

- Gain an understanding of the concept of value
- Understand the value of self-care
- Develop an awareness one's personal and intrinsic value

SESSION 2: I AM ONE OF A KIND

By the end of this session each participant will be able to:

- Recognise the value of one's individuality
- Distinguish the difference between uniqueness and comparison
- Acknowledge and celebrate diversity

SESSION 3: I AM WONDERFULLY MADE

By the end of this session each participant will be able to:

- Understand the value of her body
- Increased awareness of the mind-body connection
- Consider her body and physical health needs

SESSION OUTCOMES

strength.

SESSION 4: I HAVE THE POWER OF CHOICE

By the end of this session each participant will be able to:

- Identify and label emotions
- Develop emotion regulation skills
- Build problem-solving skills to enhance the power of choice

SESSION 5: MY DECISIONS DETERMINE MY DESTINATION

By the end of this session each participant will be able to:

- Apply and practice decision-making skills
- Recognise the value of convictions and boundaries
- Practice assertiveness and self-respect

SESSION 6: I HAVE RESILIENCE

By the end of this session each participant will be able to:

- Recognise the value of developing resilience
- Understand the power of vulnerability

Exercise cognitive flexibility in problem-solving, acceptance and letting go

SESSION OUTCOMES

purpose.

SESSION 7: MY POTENTIAL IS LIMITLESS

By the end of this session each participant will be able to:

- Have an awareness that she has potential inside of her
 - Recognise the value of a positive environment for her potential to grow
 - Identify ways to build her confidence
-

SESSION 8: MY LIFE HAS PURPOSE

By the end of this session each participant will be able to:

- Identify personal desires and strengths
 - Distinguish between values and goals
 - Develop an understanding that she has something to contribute
-

SESSION 9: SHINE!

By the end of this session each participant will be able to:

- Understand the importance of embracing her self-worth, strength and purpose
- Develop a sense of belonging and connectedness to a group
- Have a personal experience of achievement and accomplishment

It is important to reinforce the foundational concepts throughout the sessions to unveil the truth that each and every one of us has intrinsic value and have the potential to live a meaningful and purpose-driven life.

Testimonials

““

I loved the way it brought people together. It also brought awareness about how negatively I talk to myself and how I can change that.

““

I loved how everyone could talk freely, feel safe and know that they are not the only ones having a hard time.

““

Everyone was so understanding and I felt like I had the freedom to express my emotions.

““

I loved how open it was and everyone was really supportive and helped me be a better person. I also loved how much fun we all had.

““

They taught us about important things and gave us something that represented/reflected upon it, so we would never forget.

““

I liked understanding my value and what I'm worth. Self confidence is everything and my favourite session was the facemask one.



HILLSONG CITYCARE AUSTRALIA

1300 535 391 | citycare@hillsong.com | www.hillsong.com/citycare