



Christ Church Grammar School

PERTH, WESTERN AUSTRALIA

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MEDIA STATEMENT: Christ Church boys charged by 'off grid' experience

Christ Church Grammar School students from Years 10 and 11 recently attended a three-day mental health and leadership camp specifically designed to build upon skills in:

- mental health
- leadership
- understanding one's own personality and those of others.

Taking place at Koorinal, Christ Church's dedicated Outdoor Education Centre based near Dwellingup, the camp was a technology free, 'off the grid' experience supported by zero2hero mentors.

The boys embraced physical challenges such as rock climbing, early morning swims and bush survival, as well as attend sessions on emotional health and development designed to draw them out of their own comfort zone and connect with others in a meaningful way.

Christ Church Grammar School Camp Co-ordinator Mr Todd Harnwell said, "A key component of the program and identified as the most powerful and useful tool by the boys was the safeTALK accreditation that all boys completed."

"The training course, run by zero2hero CEO and safeTALK Facilitator Ashlee Harrison, promotes suicide alertness and empowers participants to recognise early signs of suicide and connect potential victims to useful intervention resources."

Small group dynamics across the three days allowed participants to share and discuss critically important issues facing young men today such as drugs and alcohol, toxic masculinity and academic stress.

"The boys were challenged to take action in their community and to increase mental health awareness. These boys will be working to bring these changes to fruition in their final years of schooling at Christ Church and beyond," said Mr Harnwell.

Zero2hero is a WA-based incorporated association dedicated to increasing the understanding of mental health issues and the awareness of mental health services among children and youth.

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