



# R.I.S.K.

## Application pack



## Introducing the RISK Program

RISK is an acronym for Resilience Impartation through Survival Knowledge; and is a program offered to male students in year 7 and 8 at Comet Bay College.

It is a course of study that immerses participants in survival training culminating in two camps.

The program teaches new skills and, through using small group “teams”, promotes a sense of belonging that also leads to an understanding of community roles and responsibilities. Through specific challenges built into the course, the young people develop their self-confidence and communication skills. They grow their resilience and begin to gain a new and positive perspective on life’s challenges.

The risk program specifically addresses all of the 3 key ingredients that develop resilience.

- The ability to face a challenge
- The acquisition of new skills
- A sense of belonging

Some of the skills taught include: Personal hygiene; establishing a camp; setting up shelter; camp cooking; lighting a fire; Navigation; first aid awareness; bush craft, assembling and using survival equipment; leadership; problem solving; lighting a fire in the wet; improvising shelter; cross country navigation; and much more.

The course uses various challenges and the inherent course structure to equip and inspire the students to gain a positive perspective on themselves, others, and the challenges they will face.

### 3 Day Camps

The course includes two 3 day camps. They are an essential element of the training and give the students the opportunity to both put their training into practice whilst adding those skills that can only be taught in the bush. There is no charge for camp accommodation or food at the semester 1 camp but parents will have to arrange their own transport to and from the camp.

As students increase their knowledge and skill base they are required to provide their own basic equipment and food for the semester 2 camp.

Currently all camps have been held at or around the excellent facility at Manjedal Activity Centre which is located on the outskirts of Byford. This is a large but self-contained facility which allows us to control the level of wilderness experience given to the students.





## Program Delivery

The course is delivered as an elective and Students must apply to join the course. Students who choose RISK as an option will have a risk class twice a week for one academic year. There are limited places available and early application is recommended.

## Program Cost

The RISK course has run successfully in Comet Bay College since 2013 and has greatly benefited the students who participated. In recognition of this the College will continue to meet most of the costs of the course and parents are charged only a nominal contribution. Please contact us in the case of financial hardship to discuss your options.

## Program Evaluation

The program is evaluated with the Wisconsin University Resilience tool before and after the course. Anecdotal reports of the course participants are also recorded. The program has recorded excellent results. On average, 14 out of 15 participating students recorded improved resilience. The students who start with the lowest resilience often record the most significant improvement. The data collected is used for assessment and funding purposes. No personal details are used.

## Student and Parent Commitment

Students who are accepted on the program give a commitment to complete their training and attend both camps. They also undertake to take part in the course evaluation before and after the course. **Parents commit to support the students in their training and agree to transport them to and from the semester 1 camp .**

Students are required to provide their own personal equipment, i.e. sleeping bag, toiletries and clothing for both camps. Tents and other shared equipment is provided by us.



## Understanding Resilience

Experts stress the importance of children and young people developing their resilience. Children and young people who have poor resilience are more vulnerable to further negative effects from traumatic events and the knocks and bangs of everyday life. Promoting resilience helps to equip young people to realize their personal potential in life enabling them to be more successful in all their endeavours.

Experts have identified 3 factors that help promote resilience.

1. The ability to face a challenge
2. The acquisition of new skills
3. A sense of belonging.

Dr. Edith Grotberg PhD in “A Guide to Promoting Resilience in Children: Strengthening the Human Spirit” expresses it this way:

To overcome adversities, children draw from three sources of resilience features labelled: I HAVE, I AM, I CAN. What they draw from each of the three sources may be described as follows:

### I HAVE

- People around me I trust and who love me, no matter what
- People who set limits for me so I know when to stop before there is danger or trouble
- People who show me how to do things right by the way they do things
- People who want me to learn to do things on my own
- People who help me when I am sick, in danger or need to learn

### I AM

- A person people can like and love
- Glad to do nice things for others and show my concern
- Respectful of myself and others
- Willing to be responsible for what I do
- Sure things will be all right

### I CAN

- Talk to others about things that frighten me or bother me
- Find ways to solve problems that I face
- Control myself when I feel like doing something not right or dangerous
- Figure out when it is a good time to talk to someone or to take action
- Find someone to help me when I need it



From this we can conclude that it is unlikely that resilience can be taught through a conventional course of study.

## **Course Selection**

To gain entry to the course, first complete the attached application form and return it to Comet Bay College as soon as possible.

The risk program takes part in normal school time and is one of the elective classes.

When allocating places on the RISK program priority is given to those students who will most benefit from the course. Your application will be reviewed and candidates may be invited to an interview with the course coordinator. Successful candidates will be notified by email. If after 6 weeks you have not heard from us you have not been successful on this occasion.

Demand for this course is high and if you don't get admitted into the course this time, you should not let that deter you from reapplying in the future.

Should you wish to find out more about this innovative and effective program please contact David Karcheski.

Email: [David.Karcheski@education.wa.edu.au](mailto:David.Karcheski@education.wa.edu.au)

Phone: 9553 8100

What past students said about the RISK course when asked, "what did it teach you?"

"I have learnt to trust other people"

"I can do stuff I thought I couldn't do"

"I have more power than I thought"

"I learnt to never give up"

"I can get through hard times"

"that I like a challenge"

"that I can do things that appear too difficult for the common person and me"

"to think deeper and to do things with more confidence"

"I learnt to sleep in uncomfortable spaces"

"that I can do anything I want to from climbing camo nets 9 metres in the air to crawling though underground pipes"

"confidence in myself and how to overcome situations"

"I learnt to trust people and that I'm more capable than I think"

"That I matter and I can do so much more if I can put my mind to it and believe"

"That I need resilience in everything It has changed my ways"

"If you get lost, don't stress and retrace your steps"

"That I can be a leader"



# RISK works!



## RISK Application form



Student Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Current year group \_\_\_\_\_ Male/female\* Enrolled at Comet Bay College: yes/no \*  
(\*delete as necessary)

Parent Name \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_

Post Code \_\_\_\_\_ Home phone \_\_\_\_\_ Mobile \_\_\_\_\_

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Email \_\_\_\_\_

In just a few words please explain why the above applicant should be considered for the RISK program.

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I have read the accompanying information and understand that the camps form an integral part of the course and are considered compulsory. I agree to arrange our own transport to and from the Level 1 camp.

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

The next page must be completed by the student. Should they require help, please confine your help to an explanation of the question and avoid helping them form an opinion.

**Please circle a number indicating how much you agree or disagree with each statement. If you strongly agree with a statement circle a 7 if you agree a bit circle a 5 etc.**

**1= Strongly Disagree**

**7= strongly Agree**

When I make plans I follow through with them.

1      2      3      4      5      6      7

I usually manage one way or another.

1      2      3      4      5      6      7

I am able to depend on myself more than anyone else.

1      2      3      4      5      6      7

Keeping interested in things is important to me.

1      2      3      4      5      6      7

I can be on my own if I have to.

1      2      3      4      5      6      7

I feel proud that I have accomplished things in my life.

1      2      3      4      5      6      7

I usually take things in my stride.

1      2      3      4      5      6      7

I am friends with myself.

1      2      3      4      5      6      7

I feel that I can handle many things at a time.

1      2      3      4      5      6      7

I am determined.

1      2      3      4      5      6      7

I seldom wonder what the point of it all is.

1      2      3      4      5      6      7

I take things one day at a time.

1      2      3      4      5      6      7

I can get through difficult times because I've experienced difficulty before.

1            2            3            4            5            6            7

I have self-discipline.

1            2            3            4            5            6            7

I keep interested in things.

1            2            3            4            5            6            7

I can usually find something to laugh about.

1            2            3            4            5            6            7

My belief in myself gets me through hard times.

1            2            3            4            5            6            7

In an emergency, I'm somebody people generally can rely on.

1            2            3            4            5            6            7

I can usually look at a situation in a number of ways.

1            2            3            4            5            6            7

Sometimes I make myself do things whether I want to or not.

1            2            3            4            5            6            7

My life has meaning.

1            2            3            4            5            6            7

I do not dwell on things that I can't do anything about.

1            2            3            4            5            6            7

When I am in a difficult situation, I can usually find my way out of it.

1            2            3            4            5            6            7

I have enough energy to do what I have to do.

1            2            3            4            5            6            7

It's okay if there are people who don't like me.

1            2            3            4            5            6            7