

# THE JOURNEY

Guiding Adolescents Towards Healthy Adulthood  
*...a rite of passage for Year 9s*



## WHAT IS THE JOURNEY?

The Journey is a year-long program for Year 9 students that challenges them physically, emotionally, socially and spiritually. It takes place primarily during Christian Living lessons and is based on the concept of the hero's journey.



“There is no doubt in my mind that The Journey has changed my son's life.”

PARENT

“The Journey has helped me to understand who I am, to understand others and enabled me to unlock a piece of myself.”

STUDENT

“I love teaching The Journey. My passion as an educator is regularly reinforced during this class.”

TEACHER



The students are guided by same gender teachers in single gender classes, through the exploration of four main questions:



**WHO AM I REALLY?**

**HOW DO I GET ON WITH OTHERS?**

**IS THERE SOMETHING MORE?**

**WHAT IS MY PURPOSE?**

During this exploration, outcomes are sought in the following areas:

- Consciousness
- Communication
- Connectedness
- Challenge
- Celebration



**WHAT HAPPENS DURING THE JOURNEY?**



The Journey is a very experiential program and as such students are involved in a range of activities that intentionally challenge them to become more fully the person they were created to be. These activities will likely include:

- Discussions
- Debates
- Personal story sharing
- Physical challenges
- Fitness challenges
- Public performance
- Reflection time
- Journal keeping
- Camp
- Solo experience
- Healthy risk-taking
- Service to others