

LifeChanger's Theory of Change

A pathway to self esteem, self awareness, positive self identity and resilience

CURRENT STATE

- Young people are experiencing unprecedented rates of low self esteem and self worth
- 75% of mental health issues appear before the age of 24
- Research shows that rates of anxiety, depression, alcohol and drug abuse and youth suicide pose significant generational challenges for young people

CONSEQUENCES

- Youth suicide is the leading cause of death for young people aged 15 - 24 years
- For every death by suicide there are approximately 100 to 200 attempts
- Increase in negative outcomes on young people's mental and physical health
- Young people are not reaching their full potential and capacity

WHO'S INVOLVED

Beneficiaries

- Youth 10 - 17 years
- Parents/Guardians
- Teachers
- Principals
- Mentors
- Local communities

LifeChanger

- LifeChanger team
- Board
- Advisory
- Youth Advisory
- Partnered Organisations
- Ambassadors
- Facilitators
- Community Mentors
- Volunteers
- Local health services
- Referral partners

OUR IMMERSIVE EXPERIENCE



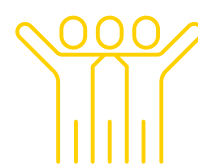
Empower teenagers through self esteem, self awareness, positive self identity and resilience



Supported by our Five Pillar Pathway of Health, Life Skills, Self, Purpose and Tribe



Pre-emptive and holistic approach to support sustainable growth in schools and communities



Delivery model engages with youth, teachers, parents and local mentors to help build a sustainable network of support.



Opportunities for senior students, teachers and community involvement through our Mentor Development Program



Opportunities for parents to better understand and support their children



The foundation is grounded in positive psychology and strength-based theories



Developed and delivered in partnership with schools and students and the Australian Curriculum

SHORT TERM OUTCOMES

Young people will:

- Set goals to work towards an enriching and fulfilling future
- Develop a deeper understanding of their own strengths
- Have enhanced feelings of gratitude and hope for their lives
- Show Improved mental and physical health
- Improve communication and social connection skills
- Improve problem-solving abilities
- Feel a deeper sense of connection within their community
- Increase engagement in academic studies and development
- Improve ability to self-regulate through emotional awareness and mindfulness strategies
- Improve sense of self-worth and self-esteem
- Understand and build their sense of self and identity
- Enhance their ability to address and overcome challenges

MEDIUM TERM OUTCOMES

Young people will:

- Build resilience when overcoming the challenges life presents
- Feel hopeful for their future and their potential
- Feel supported within their community
- Forge connections to enhance their overall wellbeing

LONG TERM OUTCOMES

Young people will:

- Lead enriching, thriving, and healthy lives
- Have the tools to become leaders of change in society
- Build stronger, supportive communities
- Be more resilient, thriving young people