

DOLLY'S DREAM WORKSHOPS 2025



All new Content

Our Purpose

At Dolly's Dream, we believe in changing the culture of bullying by equipping young people, parents, carers, and teachers with essential tools and strategies. Our workshops address the profound effects of bullying on mental health, empowering participants to build kindness, resilience, and understanding within their communities.

Why our workshops

As conversations about mental health and well-being become increasingly important, our workshops address the real challenges children and young people face. We promote kindness and understanding while tackling negativity, digital safety, and education on accessing help and support systems. By empowering participants with empathy, self-worth, and practical skills, we enable them to cultivate a safer and more supportive community.

Our themes

Our workshops address universal themes that resonate with individuals of all ages, from 5 to 55. Each session is thoughtfully crafted to emphasise the importance of kindness, discuss the complexities of digital footprints, explore self-worth, and confront the reality of bullying. We tailor our workshops to meet the specific age group and needs of the participants, ensuring the content is both relevant, appropriate and engaging. We encourage honest conversations and support participants to connect and share their own story and experiences.

We can tailor a workshop

If you can't find exactly what you're looking for, we will work with you to create something specific and unique to meet your needs. Every group is different, and building a tailored program allows us to address current needs directly, making the overall experience and outcomes more relevant and impactful.

We can also facilitate our workshops to mixed classes; For example: We can run a Kindness workshop with your Prep and Grade 6 buddy group.

Email us for all enquires @ program.bookings@dollysdream.org.au



Supporting Students

KINDNESS

Our Kindness workshop explores the importance of kindness in the school community through interactive discussions and activities, participants will learn how small acts of kindness can positively impact their environment and reduce negative behaviours.

Student Outcomes

- Recognise the significance of empathy in building relationships.
- Understand how words and actions can influence others.
- Engage in practical activities that promote kindness and highlight its role in fostering a supportive community.

BULLYING

Our bullying workshop creates a safe environment for students to discuss bullying openly. Participants will learn to identify different forms of bullying, understand the serious and real effects it has on individuals and the broader school community, and explore practical strategies to foster a positive school culture

Student Outcomes

- Understand the distinction between playful banter and harmful bullying behaviours.
- Recognise the diverse and changing nature of bullying in different contexts.
- Acknowledge the reality and significant impact that bullying can have on people
- New strategies and practical support to encourage a good school culture, healthy online habits and support relationships

Why?

Kindness plays a crucial role in building a positive school environment. It fosters connections among students, helps reduce bullying, and creates a culture where everyone feels valued and respected.

Why?

Understanding the serious impact of bullying, we are more likely to contribute to a respectful environment, promoting well-being for everyone. Recognising how bullying affects individuals and the community helps cultivate a culture of support and respect.



Supporting Students

DIGITAL FOOTPRINT

Our workshop on Digital Footprint explores how student's online presence and online activities not only influence their lives but can also have a profound impact on their future. We will tackle responsible digital behaviours and reflect on their own online habits, learning simple ways to create a positive digital footprint.

Student Outcomes

- Discuss positive and negative online habits.
- Learn safe online practices.
- Understand how to manage one's digital image

SELF-WORTH

Our self-worth workshop focuses on helping children and young people recognise their unique qualities and build genuine self-confidence. By understanding how their sense of self-worth affects their choices, relationships, and interactions, they learn to appreciate their own value and the impact it has on those around them.

Student Outcomes

- Identify personal strengths and unique qualities that contribute to self-worth.
- Discuss strategies for overcoming peer pressure and societal expectations.
- Build resilience and confidence to face challenges and advocate for themselves.

Why?

As students increasingly engage online, understanding the impact of their digital actions is vital. Managing their digital footprint helps protect their safety and reputation, ensuring responsible online behaviour.

Why?

Understanding self-worth is essential for personal growth and healthy relationships. When participants identify their unique qualities, they can face challenges more effectively and engage in more supportive interactions with others.



Supporting Parents/Carers

Parenting in the Digital Age

Supporting parents understand how bullying and online usage can affect young people. Exploring practical ways to support their children, focusing on open communication and building resilience at home.

Why?

As internet usage is at an all-time high, we need to know how to protect our children from the various online risks. By understanding the effects of bullying, we can create a safe environment that encourages empathy and respect, helping kids feel supported and valued.

Student Outcomes

- Understand the emotional and mental effects of both online and offline bullying.
- Learn the proper channels for reporting harmful content on social media.
- Gain insights into current trends and safety strategies in young people's online interactions.
- Develop effective communication skills to support open discussions with their children.
- Encourage practices at home that nurture respect, empathy, and resilience

Supporting Teachers

Mental Health First Training

This workshop equips teachers and caregivers with the skills to identify and respond to mental health issues in young people. Participants will learn effective communication techniques and how to handle crisis situations while providing proper mental health support

Why?

Understanding mental health is vital to having a supportive classroom environment. By encouraging open discussions and reducing stigma, teachers can better assist students facing challenges, ensuring they feel safe and understood

Student Outcomes

- Identifying the signs that a young person may be struggling with mental health.
- Having safe and open conversations about mental health.
- Learning how to help in various crisis situations.
- Changing perspective on mental health in the classroom.
- Ability to support students who are dealing with mental health issues.
- Support students in finding additional resources and help..