



What is



Stand Up?

Stand Up! is a strengths-based youth development programme for young people whose lives are influenced by alcohol or other drugs.

We're here to support you to find a way through some of the tough stuff. Together, we'll explore:

- The impact of drugs and alcohol
- How things are going for you at school or at home
- Your hopes for the future.



Are drugs or



alcohol getting



in the way of



your best life?



Stand Up!

A youth development programme

"I like how Stand Up encouraged me and had always told me my worth, how they made me feel good about myself when I felt like I hated myself"

- Participant in Stand Up!



## How does it work?

We work collaboratively with you and your school to help you explore what matters to you and what might be getting in the way of that.

We will support you to:

- Explore who you are and want to be
- Develop life and social skills
- Navigate relationships
- Manage difficult feelings.

You can decide how much you want to be involved in the programme, whether you want to participate in individual or group sessions and how often you want to meet.

Together, we will keep track of your progress, work on your areas of strength and decide on future areas for development.

## Who can attend?

Anyone in the school community can make a referral to Stand Up! including principals, deans, nurses, teachers and peers. We work closely with and as part of each school's Student Health Centre, so no parental consent is required.

Get in touch with your Student Health Centre, email [standup@odyssey.org.nz](mailto:standup@odyssey.org.nz), or check out our website.

"I've achieved many goals. I've strengthened me & my dad's bond... speaking to him about my problems & what I want has strengthened our relationship"

– Participant in Stand Up!

## About Us

Stand Up! is provided by Odyssey Youth Services. We are a lively and diverse team of trained AOD (alcohol and other drug) practitioners. We come from a range of cultural, life and educational backgrounds. This allows us to offer rangatahi and their schools different approaches and styles in the support that we bring.

It is not just about who you are now; it is about who you want to be.

[www.odyssey.org.nz](http://www.odyssey.org.nz)