

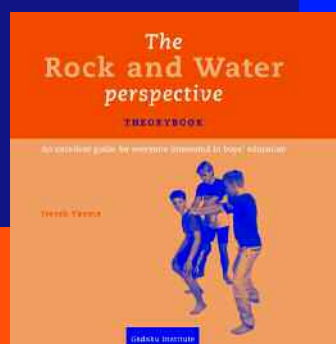
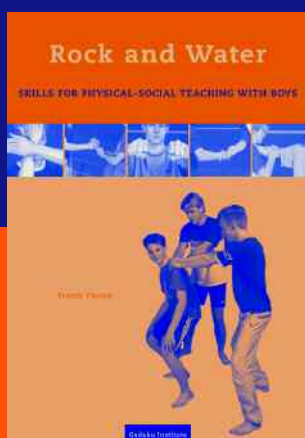
# PROFESSIONAL DEVELOPMENT FOR EDUCATORS

## THE

# ROCK AND WATER PROGRAM

*Safety*  
*Integrity*  
*Solidarity*

*Self-Control*  
*Self-Confidence*  
*Self-Respect*



Skills for physical/social teaching with boys and girls

Presented by Freerk Ykema, Brian Hayes and Carl Marshall  
for the Gadaku Institute  
and the Family Action Centre



## How do we teach social skills so that boys make changes on the inside?

### ROCK AND WATER PROGRAM

This program offers teachers a new way to interact with boys through physical/social teaching (though the program can also be taught to girls). Physical exercises are constantly linked with mental and social skills. The program leads from simple self defence, boundary and communication exercises to a strong notion of self-confidence. The program offers a framework of exercises and ideas about boys and manhood to assist boys to become aware of purpose and motivation in their life.

Topics include: intuition, body language, mental strength, empathic feeling, positive feeling, positive thinking and positive visualising. Discussion topics include bullying, sexual harrassment, homophobia, life goals, desires and following an inner compass.

### FOUR LEADING THREADS ARE INTER-RELATED IN THE PROGRAM:

**1 Grounding, centring and focusing**  
Learning how to stand firm and relaxed. How to concentrate your breath in your belly and focus attention (first external, later transformed to an internal goal).

**2 The golden triangle of body-awareness – emotional awareness – self-awareness**

Emotions are expressed in the body by way of muscular tension. Therefore, increasing body-awareness can lead to more insight and experience of one's own patterns of reaction which, in turn, can offer a chance to deepen and further develop emotional awareness and self-awareness.

### 3 Communication

The development of physical forms of communication as a basis for the development of other, more verbally oriented, forms of communication.

### 4 The Rock and Water concept

The tough, immovable rock attitude versus the mobile, communicative water attitude. This concept can be developed and applied at various levels: the physical, the mental and the social level. At a physical level it means that an attack can be parried by firmly strained muscles (rock) but also — and often even more effectively — by moving along with the energy of the attacker (water). At a social

## How do we develop a social skills course that boys like to do?

level — for instance in a conversation — it is also possible to choose between a rock or a water attitude and the same choice applies to the way in which one maintains relationships with others. Finally, at a spiritual level, the apparent opposites between rock and water disappear. Insight and experience come about when a realisation occurs that both ways are needed to reach self-fulfilment and that people, in their deepest essence, are connected to each other and travel along a path together.

### GIRLS: A GENDER-SPECIFIC APPROACH

Rock and Water was developed as a gender-specific program, especially meant for boys. Experience has taught us that girls can profit from and enjoy the program as much as boys do. However, boys and girls clearly differ at a number of levels. They undergo a different socialisation and, therefore, they have to go on a different path of development and are confronted with different tasks of development. That is why the Rock and Water program works best in gender-specific groups.

### THE GADAKU INSTITUTE

The Gadaku Institute was founded in 2002 and has become the international coordinator of the Rock and Water program. In Australia the Gadaku Institute cooperates with the Boys in Schools Program of The Family Action Centre of the University of Newcastle. Their mutual goal is to stimulate any further development of the Rock and Water program in as many educational settings as possible throughout Australia. The name 'Gadaku', an Aboriginal word meaning 'young boy', is used with the permission of Dätiwuy elders of Arnhem Land.

## How do we build a sense of purpose in boys?

### ROCK AND WATER PRESENTERS



**Freerk Ykema** has been a Physical Education and Remedial Teacher and Counsellor at Schagen in the North of The

Netherlands in a comprehensive school. In 1995 he trialed the Rock and Water course at his school to address boys' motivation and self-confidence. He now trains teachers in countries throughout the world to deliver the Rock and Water course. In 2000 the course won a national award in The Netherlands for targeting boys' education.



**Brian Hayes** is a teacher with over 25 years experience in high schools, as a history teacher and deputy

principal. Brian is an Advanced Rock and Water trainer for the Family Action Centre, and has taught the program in schools through out NSW and interstate since 2001. Brian is now delivering the 3 day training workshop after extensive training with Freerk Ykema. Brian is currently Principal of the Hunter Valley Martial Arts Centre, Newcastle with a student body of over 450 students. He has extensive experience in developing programs to improve outcomes for boys, with a particular focus on pedagogy and strategies to enhance social and emotional development.

### ROCK AND WATER RESOURCES

Bringing It Together (22 case studies)	\$49.50
The Rock & Water Approach Manual (3-day course)	\$55.00
The Rock and Water Starter Manual (1-day course)	\$30.00
Rock & Water Perspective (Theory book)	\$35.00
Rock & Water Polo Shirts	\$45.00
Rock & Water Basic Exercises Video	\$55.00
Rock & Water Basic Exercises DVD	\$60.00
Rock & Water Action Reaction Video (subtitles)	\$55.00
Rock & Water Action Reaction DVD (subtitles)	\$60.00

To purchase resources please contact the Family Action Centre, contact details last page



## We offer a number of different seminars:

### THREE-DAY SEMINAR

All lessons from 1–14 are taught. Topics include body language, intuition, gaining direction, mental strength and inner strength, sexuality, solidarity and spirituality.

#### Participants attending the three-day seminar each receive:

- Practical demonstrations using the exercises from the Rock and Water course which enhance confidence in using physical activities to engage boys in self-reflection.
- The complete *Rock and Water Manual* with all lesson plans and exercises accompanied by photos.
- Certificate which accredits the exercises of the three-day seminar. (Note that this certificate is not an accreditation for an advance trainer course.)

### LEVEL II — ADVANCED TRAINING (completion of the Three-day Seminar is essential)

Completion of Level II Advanced Training will enable you to conduct One-day Introductory Seminars and two-hour information sessions to staff and/or parents of your organisation. Training concentrates on the first four lessons, which emphasise standing strong, the Rock and Water attitude in physical, mental and social context; dealing with pressure from others as well as boundary and awareness exercises. This will enable your organisation to use a whole-school approach in the language and concept of Rock and Water. (NB: Fees cannot be charged for workshops unless by arrangement with the Family Action Centre.) (Conditions apply.)

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*This program is a rare find — something boys [and girls] enjoy, want to do and really benefit from in a multitude of ways, but especially in terms of self-control and focus. PSYCHOLOGIST*

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### CLOSED WORKSHOP: 3-DAY TRAINING

*Presented by Brian Hayes*

This three-day training provides a survey of the entire program as detailed above and is for a whole organisation or school cluster. The training can be delivered throughout Australia except during the National Tour dates (see back cover). Conditions apply.

**SET FEE | \$22,000** (inc. GST) for a maximum of 40 staff members. Includes 40 x *Rock and Water Manuals*, certificates for staff, name labels and evaluation forms. Staff members must be from the one organisation or cluster. Other conditions apply.

### CLOSED WORKSHOP: 1-DAY INTRODUCTORY TRAINING

*Presented by one or our qualified instructors*

The Family Action Centre can also offer one-day introductory workshops around Australia with our qualified instructors who have been trained extensively by Freerk Ykema. This workshop provides a survey of the entire course focusing on the first six lessons of the program which include standing strong physically and mentally, introduction to the Rock and Water attitude (in physical and verbal confrontation), Rock and Water in the schoolyard and in relationships (what kind of friend am I?). It will also include breathing exercises, exercises for boundary awareness and body language. This is a great way to familiarise many staff with the Rock and Water principles in your school or organisation.

**SET FEE | \$2500** (inc. GST) plus all travel and accommodation costs. Covers a maximum of 30 staff members; extra participants \$77 each. Price includes 15 *Starter's manuals*, 1 x *Theory book*, 1 x *Basic exercises video*, certificates, name tags, evaluation forms. Other conditions apply.

## ROCK AND WATER COURSE OUTLINE

- Lesson 1** Standing strong physically and mentally
- Lesson 2** Introduction to the Rock and Water attitude (in physical and verbal confrontation)
- Lesson 3** Rock and Water in the schoolyard
- Lesson 4** Rock and Water in relationships (what kind of friend am I? — too rocky, too watery?)
- Lesson 5** Breath strength to extend physical power and to keep self-control
- Lesson 6** Body language (tunnel attitude and beach attitude)
- Lesson 7** Boundaries (to feel, set and respect own and other persons' boundaries)
- Lesson 8** Intuition (warns you of danger, warns you when you cross someone's boundaries, tells you what to do)
- Lesson 9** Mental strength: concentration, visualisation, conviction
- Lesson 10** Inner strength: the inner compass
- Lesson 11** Dynamics/tension between group pressure, independence, feeling positive inner connections between people, solidarity and spirituality
- Lesson 12** The Three Step Plan: positive thinking and positive visualisation
- Lesson 13** Sexuality: sexual harassment and homosexuality
- Lesson 14** A special lesson. How to deal with a threatening group? This lesson was developed as a reaction to the wave of violence that swept over The Netherlands during the last few years. Groups of boys attacked other boys without reason, causing death in several cases. This lesson was developed in cooperation with police. Boys and girls are taught the best attitude if they are confronted with violence.

*Lessons 1, 2, 3, 4, 5, 6, 7, 8 and 14 are suitable for primary and secondary school students. Lessons 9, 10, 11, 12, 13 and 14 are about self-realisation and are more suitable for older students aged 14+. These lessons address lack of direction, sexuality and personal development.*

# Rock and Water training workshops & tour dates for October to November 2009

Please call the contacts listed to confirm dates and workshops on offer.  
Due to unforeseen circumstances dates of workshops may change.

## 12–14 October

**Melbourne — Parade College, Bundoora**

**Contact** The Family Action Centre  
E FAC-Events@newcastle.edu.au  
P 02 4921 6403

## 19–21 October

**Adelaide — venue to be confirmed**

**Contact** The Family Action Centre  
E FAC-Events@newcastle.edu.au  
P 02 4921 6403

## 27–28 October (24 pax only) — *Advanced Training*

**Newcastle — Southern Cross Hall, Newcastle West**

**Contact** The Family Action Centre  
E FAC-Events@newcastle.edu.au  
P 02 4921 6403

## 2–4 November

**Sunshine Coast, Kawana, QLD — Kawana Waters State College**

**Contact** Tim Morrow  
E tmorr82@eq.edu.au  
P 07 5493 3388

## 10–12 November

**Lower Hutt, NZ — venue to be confirmed**

**Contact** Rob Schofield  
E sd@naenae-college.school.nz  
P +64 4 567 7175 ext. 828

## 11–13 November

**Wodonga — Wodonga Primary School**

**Contact** The Family Action Centre  
E FAC-Events@newcastle.edu.au  
P 02 4921 6403

## 16–18 November

**Sydney — St Clair High School**

**Contact** The Family Action Centre  
E FAC-Events@newcastle.edu.au  
P 02 4921 6403

## 16–18 November

**Fremantle, WA — South Fremantle High School**

**Contact** Bill Johnstone  
E freowill@bigpond.com  
P 0411 134 808

## 19–21 November

**Wollongong / Albion Park — venue to be confirmed**

**Contact** The Family Action Centre  
E FAC-Events@newcastle.edu.au  
P 02 4921 6403

## 23–25 November

**Newcastle — Southern Cross Hall, Newcastle West**

**Contact** The Family Action Centre  
E FAC-Events@newcastle.edu.au  
P 02 4921 6403

## 25–27 November

**Murwillumbah — Murwillumbah High School**

**Contact** The Family Action Centre  
E FAC-Events@newcastle.edu.au  
P 02 4921 6403

*\* If you are interested in being a host school for the Rock and Water workshop please contact Michelle.Gifford@newcastle.edu.au. You will need a school hall with a wooden floor at least 20m x 30m (basketball court size). For hosting you will receive two free placements valued at \$1390. Other conditions apply.*

# Register now!

## On-line registrations now available!

Online registrations for 2009 Rock and Water workshops are now available at:

**newcastle.edu.au/rockandwater**

On-line registration is available **only** for workshops coordinated by the Family Action Centre. Please contact the host school for registration for workshops not coordinated by FAC. By registering on-line you agree to and acknowledge the FAC's Liability Waiver and our Cancellation Policy.

For more information on Family Action Centre's seminar programs visit [www.newcastle.edu.au/centre/fac](http://www.newcastle.edu.au/centre/fac) or contact The Family Action Centre: **phone** 02 4921 6403 / **fax** 02 4921 8686 **email** FAC-Events@newcastle.edu.au **postal address** Family Action Centre University of Newcastle, University Drive, Callaghan NSW 2308

