



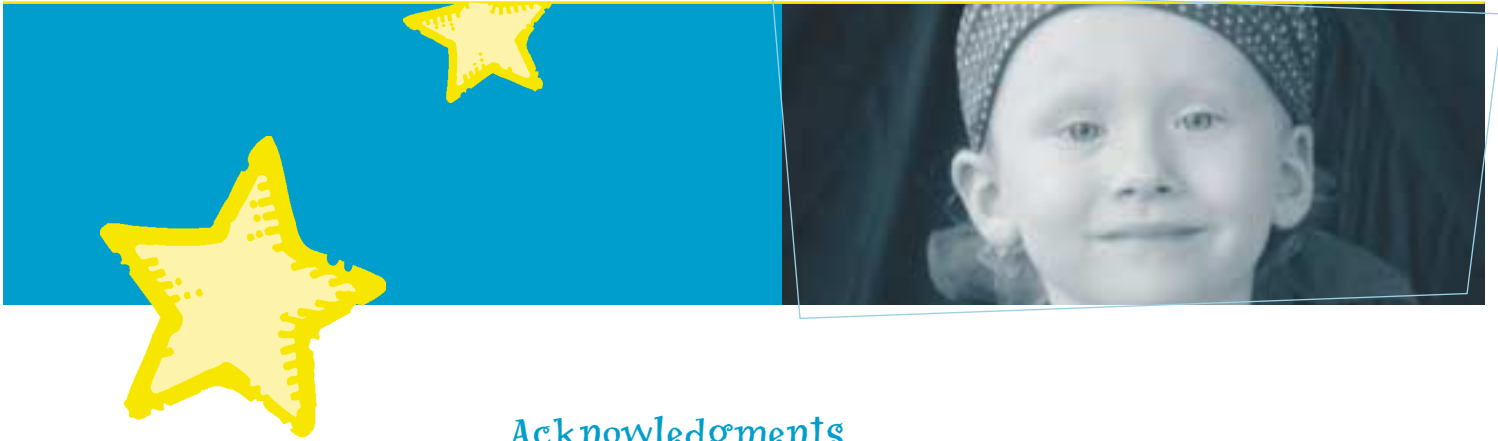
getting  
what you  want!



Creating Pathways to Education,  
Employment and Training

*Participant's Diary*

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## Acknowledgments

This program was produced as part of the Young Mothers for Young Women Peer Education strategy.

It was written by Peer Mentors Adele Renwick and Sharon Gyde.

With the assistance of Peer Workers Shiloh Watts, Anna MacRae, Susan Timbs and Katie Bennett.

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YOUNG MOTHERS FOR YOUNG WOMEN  
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# introduction



Young Mothers for Young Women grew out of a 1994 participative research project exploring the links between gender and violence in the lives of young women. One of the recommendations from this project was to form a network of young women to offer peer support, education and advocacy. As part of the Young Mothers for Young Women's network, we regularly hold training workshops, support groups and also participate in forums and other events being held for young women.

Young Mothers for Young Women spends a lot of time as peer workers talking with other young women and listening to their experiences. The stories we hear are often similar, young women want to return to work or study but are unsure how to begin. Frequently too many other things are getting in the way and the road to education, employment or training seems a long and difficult one. Young Mothers for Young Women is committed to supporting young women in creating a pathway to education, employment and training that suits their lifestyle and recognises the need for young women who are parenting to find

the right balance of work or study with parenting.

## How to use this Diary

This diary is to be used in conjunction with the Getting What You Want: Creating Pathways To Education, Employment and Training program. It has been designed so that young women participating in the program can have a personal written record of what they have learnt and their reflections of each session.

Getting What You Want: Pathways to Employment, Education and Training is a self-directed program focussing on creating pathways towards returning to either education, employment or training. As a group, participants decide what they want to learn about and how they will learn it. There are many things in pregnant and parenting young women's lives that impact on what they do as women and as mothers. This program can help to explore areas of young women's lives and what they need to be able to do to further education, employment and training opportunities.

The program consists of 15 sessions made up of four sections.

1. Introduction and planning sessions (sessions 1 and 2). The aim of these sessions is to prepare with participants the content of the program.
2. Information and training sessions (sessions 3 through to ten). The aim of these sessions is to equip participants with the knowledge to access the resources and information needed to enhance their ability to return to education, employment and training.
3. Advocacy sessions (sessions 11 through to 14). The aim of these sessions is to increase the awareness and address the issues and barriers affecting young women's access to employment, education and training.
4. Closing session (session 15). The aim of this session is for participants to celebrate their achievements throughout the program and to begin to think about their goals for employment, education and training.

## Something to think about

*Doing this program may raise issues for you personally and it is important that you have someone who is a good support. This person needs to be someone who you can talk to and who is able to give you the information and help that you will need to deal with the issue. If you don't have someone like that already a good place to start is with the peer workers who can provide you with that support or will be able to give you the name of someone else who you can talk with further.*







## Underlying Principles

- Recognises the benefits of education, training and employment
- Acknowledges how hard it is for you to attend
- Acknowledges your existing skills and resources
- Acknowledges that previous learning/group experience may have been a negative experience
- Acknowledges that previous learning experiences mean helping participants to recognize the difference in this training
- Recognises that your lives may help or hinder your involvement and learning (eg your lives may be complicated and often involve difficult issues)
- Recognises that the facilitator has a particular relationship with you that is focused on the program. The facilitator may not be able to assist with all aspects of your life but can assist by pointing you in the right direction for assistance
- Uses/observes the group as a learning experience in itself
- Responds to your needs: the pace and language of the program is responsive to your needs
- Process (how the training is run, the methods used) and content (the information) work together
- Recognises learning happens through applying new knowledge, ideas and skills
- Assumes you learn better when you are having fun and enjoying yourself (as well as being serious).
- Recognises your relationship with your child/children who are with you

## Reflections of this session

- What did I learn today?

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- What was good?

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- What could have been done differently?

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## Preparation for next session

- What are some of the topics I want to learn more about that could be covered through this program?

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## Something to think about

*Has this session raised any issues for me? Do I need to talk with someone further about this?*



# Session two



## Topics that will be covered during the program

- What topics aren't being covered that I want to learn more about?

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- How and where can I learn more about these topics? Talk to the peer workers for ideas

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## Reflections of this session

- What did I learn today?

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- What was good?

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- What could have been done differently?

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### Preparation for next week

- What topic is being covered next week?

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- What do I want to get out of this session?

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- What questions may I want to ask the presenter?

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### Something to think about

*Has this session raised any issues for me? Do I need to talk with someone further about this?*



# Session three

What is the topic being covered in this session?

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Name and contact details of presenter

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Notes

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Reflections of this session

- What did I learn today?

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- What was good?

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- What could have been done differently?

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- What do I still need to learn more about, where can I get this information from?

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## Preparation for next session

- What topic is being covered next week?

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- What do I want to get out of this session?

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- What questions may I want to ask the presenter?

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## Something to think about

*Has this session raised any issues for me? Do I need to talk with someone further about this?*





# Session four



What is the topic being covered in this session?

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Name and contact details of presenter

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Notes

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Reflections of this session

- What did I learn today?

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- What was good?

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- What could have been done differently?

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- What do I still need to learn more about, where can I get this information from?

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## Preparation for next session

- What topic is being covered next week?

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- What do I want to get out of this session?

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- What questions may I want to ask the presenter?

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## Something to think about

*Has this session raised any issues for me? Do I need to talk with someone further about this?*



# Session five



What is the topic being covered in this session?

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Name and contact details of presenter

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Notes

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Reflections of this session

- What did I learn today?

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- What was good?

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- What could have been done differently?

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- What do I still need to learn more about, where can I get this information from?

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## Preparation for next session

- What topic is being covered next week?

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- What do I want to get out of this session?

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- What questions may I want to ask the presenter?

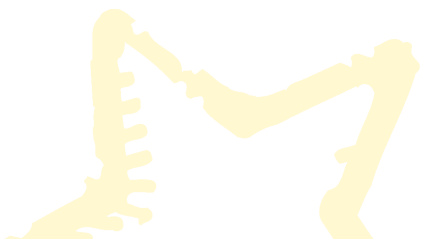
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## Something to think about

*Has this session raised any issues for me? Do I need to talk with someone further about this?*





# Session Six

What is the topic being covered in this session?

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Name and contact details of presenter

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Reflections of this session

- What did I learn today?

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- What was good?

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- What could have been done differently?

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- What do I still need to learn more about, where can I get this information from?

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## Preparation for next session

- What topic is being covered next week?

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- What do I want to get out of this session?

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- What questions may I want to ask the presenter?

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## Something to think about

*Has this session raised any issues for me? Do I need to talk with someone further about this?*



# Session Seven

What is the topic being covered in this session?

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Name and contact details of presenter

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Notes

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Reflections of this session

- What did I learn today?

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- What was good?

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- What could have been done differently?

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- What do I still need to learn more about, where can I get this information from?

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## Preparation for next session

- What topic is being covered next week?

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- What do I want to get out of this session?

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- What questions may I want to ask the presenter?

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## Something to think about

*Has this session raised any issues for me? Do I need to talk with someone further about this?*





# Session eight



What is the topic being covered in this session?

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Name and contact details of presenter

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Notes

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Reflections of this session

- What did I learn today?

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- What was good?

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- What could have been done differently?

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- What do I still need to learn more about, where can I get this information from?

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## Preparation for next session

- What topic is being covered next week?

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- What do I want to get out of this session?

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- What questions may I want to ask the presenter?

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## Something to think about

*Has this session raised any issues for me? Do I need to talk with someone further about this?*



# Session nine



What is the topic being covered in this session?

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Name and contact details of presenter

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Reflections of this session

- What did I learn today?

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- What was good?

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- What could have been done differently?

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- What do I still need to learn more about, where can I get this information from?

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## Preparation for next session



- What topic is being covered next week?

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- What do I want to get out of this session?

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- What questions may I want to ask the presenter?

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## Something to think about

*Has this session raised any issues for me? Do I need to talk with someone further about this?*



# Session ten

What is the topic being covered in this session?

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Name and contact details of presenter

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Notes

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Reflections of this session

- What did I learn today?

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- What was good?

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- What could have been done differently?

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- What do I still need to learn more about, where can I get this information from?

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## Where to from here

This was the final session where a specific topic will be covered. This may be a good time to start to think about what you would like to do after the program is finished.

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## Preparation for next session

### PEER ADVOCACY

A four-week peer advocacy project is included at the end of the *Getting What You Want: Creating Pathways to Employment, Education and Advocacy*. This aims to provide you with the opportunity to utilise the skills you have learnt during the previous ten weeks.

Peer Advocacy occurs when a person speaks out and assists others to speak out, with or on behalf of the peer group that they belong to, on issues and decisions that affect the lives of their peers. This may occur on a variety of different levels, from advocating on behalf of an individual through to advocating to Governments on issues affecting a group of people.

Some examples of peer advocacy projects are:

- Poster, cards
- Pamphlets
- A forum
- Internet site
- Morning Tea for Government and service representatives

- What do I think are some of the issues for young women who are pregnant or parenting?

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- What could we do as our advocacy project?

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- What do I want to get out of this advocacy project?

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## Something to think about

*Has this session raised any issues for me? Do I need to talk with someone further about this?*





# session eleven



What did we do today?

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Reflections of this session

- Am I happy with the progress of the advocacy project?

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- What was good about today's session?

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- Is there anything that I feel needs to be done differently?

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Preparation for next session

- Jobs to be done for next week:

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- Questions I may want to ask the other participants and the peer workers

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Something to think about

*Has this session raised any issues for me? Do I need to talk with someone further about this?*





# Session Twelve



What did we do today?

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Reflections of this session

- Am I happy with the progress of the advocacy project?

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- What was good about today's session?

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- Is there anything I feel needs to be done differently?

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Preparation for next session

- Jobs to be done for next week:

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- Questions I may want to ask the other participants and the peer workers

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Something to think about

*Has this session raised any issues for me? Do I need to talk with someone further about this?*





# Session Thirteen



What did we do today?

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Reflections of this session

- Am I happy with the progress of the advocacy project?

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- What was good about today's session?

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- Is there anything I feel needs to be done differently?

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Preparation for next session

- Jobs to be done for next week:

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- Questions I may want to ask the other participants and the peer workers

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Something to think about

*Has this session raised any issues for me? Do I need to talk with someone further about this?*



# Session Fourteen



What did we do today?

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## Reflections of Advocacy project

- What did I learn through doing this advocacy project?

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- What was good about it?

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- What could have been done differently?

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## Reflections of Program

- What did I enjoy most about the program?

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- What could have been done differently?

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# Session fifteen



## Goal setting

In this final session we will begin to set some goals for the future. It is important that you set goals that are achievable and are not too far into the future. Maybe start with the next week and go from there. No matter how small the goal it is still significant in your pathway towards education or employment.

### Goals for the next week

- 
- What do I need to do to achieve this goal?
- 
- 

- Where can I go for help and support to achieve this goal?
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### Goals for the next month

- 
- What do I need to do to achieve this goal?
- 
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- Where can I go for help and support to achieve this goal?
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### Goals for the next six months

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- What do I need to do to achieve this goal?
- 
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- Where can I go for help and support to achieve this goal?
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# diary pages



















# getting what you want!

Creating Pathways to **Education,**  
Employment and Training

**Participant's Diary**