

# Bump Curriculum 2018

30 Mins – Workshop  
 60 Mins – Mentoring and Snacks  
 30 Mins – Mentor Support



Bump is a 20 week mentoring program for young mums under 23 years old. Each week includes a workshop and mentoring session. Fun activities are offered as much needed “me time” and an opportunity to get to know other young mums. Bump is free, snacks are supplied and babysitting is provided. Bump leads to a TAFE Certificate II in Skills for Work and Training.

1 May Week 1	<b>Jitters</b> Info and orientation	<b>Welcome</b> mentoring catch up	24 July Week 1
Week 2	<b>Activity</b> getting to know you	<b>Earn</b> employment skills	Week 2
Week 3	<b>Fit</b> nutrition, exercise, sleep	<b>Activity</b> mentoring catch up	Week 3
Week 4	<b>Activity</b> mentoring catch up	<b>Chick</b> media myths and stereotypes	Week 4
Week 5	<b>Dream</b> what I want to do, be, have	<b>Activity</b> mentoring catch up	Week 5
Week 6	<b>Activity</b> mentoring catch up	<b>Hope</b> mental health stuff	Week 6
Week 7	<b>Friend</b> healthy relationships	<b>Activity</b> mentoring catch up	Week 7
Week 8	<b>Activity</b> mentoring catch up	<b>Review</b> evaluation and success summary	Week 8
Week 9	<b>Skill</b> education options	<b>Activity</b> mentoring catch up	Week 9
6 July Week 10	<b>Celebrate</b> mentoring catch up	<b>Graduation</b> celebration event	28 Sep Week 10