



MISS A·R·T

ACTIVATE • RESHAPE • TRANSFORM

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Executive Summary

In 2016 Ms Catie Kirke, founder of the A·R·T Your Life and Miss A·R·T programs was successful in obtaining a grant of \$159,000 through the Northern Territory Department of the Chief Minister.

The grant enabled Catie Kirke to offer the Miss A·R·T (Activate, Reshape and Transform) program, which equips and empowers teenage girls to increase their health, happiness and confidence, to up to 160 young women in Darwin, Palmerston and Alice Springs during school holiday breaks.

The program was run as a school holiday program, in Darwin, Alice Springs and Palmerston for young women in their teens (13 to 19 years).

This report provides details of the outcomes, through an independent evaluation and also feedback, observations and recommendations.

MISS A·R·T is specifically designed to strengthen self-esteem and resilience, build confidence and a self-belief mindset. It also develops leadership skills and cultivates capacity to contribute to society and the lives of others. The program provides the knowledge, tools and skills for a happy, healthy and confident future.

The program is based upon the successful 'A·R·T Your Life' seven-week signature program designed for women to help them love themselves, their bodies and their lives. Nearly every woman who has participated in the 'adults' program has said 'I wish I'd have gained this knowledge and skills when I was a teenager'. Many of those women also enquired about the Miss A·R·T program for their teenage daughters. Currently there are over 200 Northern Territory teens wait-listed for Miss A·R·T.

While the adult program is based upon a user-pays model, Miss A.R.T. has been a free program for young women; initially funded through a percentage of the adult program funds being set aside to fund Miss A·R·T, through small fundraisers, volunteers and Catie Kirke's own financial and other resource contributions. And most recently through the Community Benefit Fund which allowed for the Miss A·R·T School Holiday Program to be conducted for a significant cohort of young women from across the Territory.

In each location (Darwin, Alice Springs and Palmerston) the format was as follows:

Monday and Tuesday:	Senior girls (15-19 years)
Wednesday and Thursday:	Junior girls (13-15 years)
Friday:	Senior and junior combined

This enabled:

- Content contextualisation for differing age groups and maturity levels
- Senior girls volunteering to assist during the junior girls where appropriate
- An opportunity for 'big sister, little sister' relationships to be developed

Ten educational and life skill modules were presented during the program:

Module 1: Foundations of Success – know what you want and take action.

Module 2: The Mechanics of Your Mind – understand you and your emotions.

Module 3: Positive Thinking – be your own best friend.

Module 4: Healthy Habits and Body Love – food, exercise and valuing your body.

Module 5: Being Social Media Savvy – mobile, email and social media etiquette.

Module 6: Money Matters – earning, spending and saving.

Module 7: Personal Power – being safe, saying no, having boundaries and conflict resolution.

Module 8: Personal Presentation – hair and skin care and dressing for success.

Module 9: Build Better Relationships – friends, family and you.

Module 10: Calm and Confident – stress less and be mindful and proactive.

The participants were also required to commit to volunteering up to ten hours each to a local community service organization. Several organisations benefited from the girls volunteering over 174 hours of their time (page 14).

A total of 152 girls participated across the three locations; two were conducted on school premises and the third at a commercial venue. A review of the overall program found the commercial venue, with in-house catering included, was a much better environment to run the program. It relied on less volunteer hours and in terms of preparation, pack-up and pack-down it was a far more seamless approach with full attention being focused on the participants, rather than on side issues which included faulty plumbing, security catering and cleaning.

The primary outcome of the program included significant improvements in the key areas of health, happiness and confidence (pre- to post responses) with every participant in all three locations improving in all eighteen wellbeing statements. More detailed information relating to the verified outcomes of the program can be read in detail at pages 7 – 15.

- **40%** increase in health;
- **52%** increase in happiness; and
- **63%** increase in confidence.

Diagram1: Average pre-and post-program responses and variance (improvement) in the key areas of health, happiness and confidence and visually demonstrated by size of circle.



Several the participants were identified as being at risk and three mandatory reports were made to the authorities; one of the modules which focused on personal power provided a safe environment for some of the young women to come forward to enable appropriate action to take place.

Many of the young women keep in touch with Ms Kirke and while they experienced improvements during and immediately after the program, many have requested ongoing follow-up support and mentoring. This will be incorporated as an option in future programs.

There is an obvious demand for the program to be continued in the Northern Territory and Ms Kirke is continuing to explore funding options. Some of the immediate and future recommendations to continue the program (based upon the program report) include:

Disseminate Program Results and Recommendations:

- Publicly acknowledge and share Miss A·R·T program results to further engage the community, increase awareness of the need for and capacity for change within and amongst our teens.
- Disseminate results and recommendations to the Ministers of relevant portfolios eg: Education, Health, Children and Families, Youth and Women's Policy to inform them of the program results, gain their support and to highlight the poor mental and emotional health, happiness and confidence of Territory teenagers and the now proven capacity we have to improve this.

Delivery of Miss A·R·T to every teenage girl in the Northern Territory:

- It is recommended that Miss A·R·T be delivered to and shared with EVERY teenage girl in the Northern Territory over the next three years. The Northern Territory's small population provides an ideal environment to create a cultural shift and movement, whereby our next generation learn the tools to take responsibility for and enhance their mental fitness and emotional wellbeing.

Since completing the program and actively seeking further feedback from A·R·T Your Life and Miss A·R·T participants and other key stakeholders it has also identified additional recommendations including:

- Immediately conduct another series of school holiday program this June/July and October to meet the needs of those on the waiting list.
- Offer training and paid casual positions to former Miss A·R·T participants to co-facilitate the program with Ms Kirke – to build a cohort of young women who can go on to deliver the program in the future and to further enhance their leadership and employability skills and work experience.
- Seek and procure ongoing funding, or at least a three-year commitment, to enable a more sustainable approach that provides the program and ongoing support, mentoring and life skill education to a greater number of young Territorians.
- Develop and pilot a similar program for young males.

MISS A·R·T

The Innovative Program for Teenage Girls

Being a teenager can be really tough. You're under pressure from your family, your teachers, your friends, social media and your own expectations.

You feel like you have to be perfect and have the perfect body and the perfect life. You want to fit in and feel like you're good enough. You wish you knew what your future held and what your purpose is.

Miss A·R·T is not about painting nor craft the 'Miss' stands for **YOU** and the **A·R·T** stands for **Activate**, **Reshape** and **Transform**

Miss ART is a program for girls aged 13-19 that shows you how to be **HAPPY**, **HEALTHY** and **CONFIDENT**.



If you would like more information about Miss A·R·T
please contact Miss A·R·T founder Catie Kirke – catie@artyourlife.com.au

Community Support Grant/Sponsorship Acquittal Report

Background

The Department of the Chief Minister supported the Miss A·R·T (Activate, Reshape and Transform) program through the Northern Territory Government's community support grant/sponsorship program. The Miss A·R·T program equips and empowers teenage girls to enable them to increase their health, happiness and confidence.

It was a requirement of the grant that the program was run as a school holiday program, in Darwin, Alice Springs and Palmerston with an intended attendance, of up to 160 young women in their teens (13 to 19 years).

Grant Amount: \$159,000



Image courtesy of Resident Magazine

Program Summary

MISS A·R·T is an innovative program for teenage girls that strengthens their self-esteem and resilience, builds confidence and a self-belief mindset. Further, it develops leadership skills and cultivates the girl's capacity to contribute to society and the lives of others. It gives them the knowledge, tools and skills for a happy, healthy and confident future. The program is based upon the 'A·R·T Your Life' seven-week signature program designed for women to help them love themselves, their bodies and their lives. Every woman who has participated in the 'adults' program has said 'I wish I'd have gained this knowledge and skills when I was a teenager'. Many of those women also enquired about the Miss A·R·T program for their teenage daughters.

Module 1: Foundations of Success – know what you want and take action.

Module 2: The Mechanics of Your Mind – understand you and your emotions.

Module 3: Positive Thinking – be your own best friend.

Module 4: Healthy Habits and Body Love – food, exercise and valuing your body.

Module 5: Being Social Media Savvy – mobile, email and social media etiquette.

Module 6: Money Matters – earning, spending and saving.

Module 7: Personal Power – being safe, saying no, having boundaries and conflict resolution.

Module 8: Personal Presentation – hair and skin care and dressing for success.

Module 9: Build Better Relationships – friends, family and you.

Module 10: Calm and Confident – stress less and be mindful and proactive.



Image courtesy of Resident Magazine

Image courtesy of Resident Magazine

Program Delivery Model

The delivery of Miss A·R·T content is flexible, depending on timeframes, locations and availability of external facilitators. This funded school holiday program was designed to consist of three by five day programs:

In each location (Darwin, Alice Springs and Palmerston) the format was as follows:

Monday and Tuesday:	Senior girls (15-19 years)
Wednesday and Thursday:	Junior girls (13-15 years)
Friday:	Senior and junior combined

This enabled:

- Content contextualisation for differing age groups and maturity levels
- Senior girls volunteering to assist during the junior girls where appropriate
- An opportunity for 'big sister, little sister' relationships to be developed



Dates and Locations

- 1) Darwin 4 – 8 July 2016
- 2) Alice Springs 18 – 22 July 2016
- 3) Palmerston 3 – 7 October 2016



Program Promotion and Public Awareness

The program was promoted using the following:

- Paid Facebook advertising
- Unpaid Facebook posting
- Previous A·R·T Your Life and Miss A·R·T participants sharing posts and word of mouth
- Television commercials throughout the Northern Territory on Channel 7. NB. A \$5000 credit that A·R·T Your Life had with Channel 7, was used to fund the television commercials, it was a donation from A·R·T Your Life so as not to 'use up' the funding provided
- Flyers disseminated to all NT schools electronically via the Department of Education
- Flyers hand delivered to schools throughout Darwin, Alice Springs and Palmerston regions (with thanks to A·R·T Your Life volunteers dropping them off in bulk)
- Via the A·R·T Your Life and Miss A·R·T websites
- Interview on Mix 104.9 with Ali and Greg on the Morning Show
- Interview on ABC Radio with Lyrella Cochrane
- Through several businesses promoting the program to their data base (Eg. Helmet Hair and Miilan Hair are two of the known to have done this)
- The Chief Minister's Office also promoted the program on its public Facebook page

Please refer to Appendix A for examples of the information pamphlets that were disseminated in relation to the program.

Participant Registration and Attendance

Location	Registered	Attended	Total
Darwin	38 Junior 31 Senior (6 cancelled) (5 failed to show)	35 Junior 23 Senior	58
Alice Springs	35 Junior 11 Senior (5 cancelled)	35 Junior 6 Senior	41
Palmerston	38 Junior 24 Senior (6 cancelled) (3 failed to show)	33 Junior 20 Senior	53
TOTAL			152

Participant Outcomes

Participants completed a pre-program and post-program survey to benchmark their health, happiness and confidence prior and after completing the Miss A-R-T program and to measure the change in these key areas of life. The 18 statement survey, developed, collated and analysed by service provider Everperform, required a Likert scale response (see diagram 1). Every participant improved in every wellbeing statement (see diagram 2).

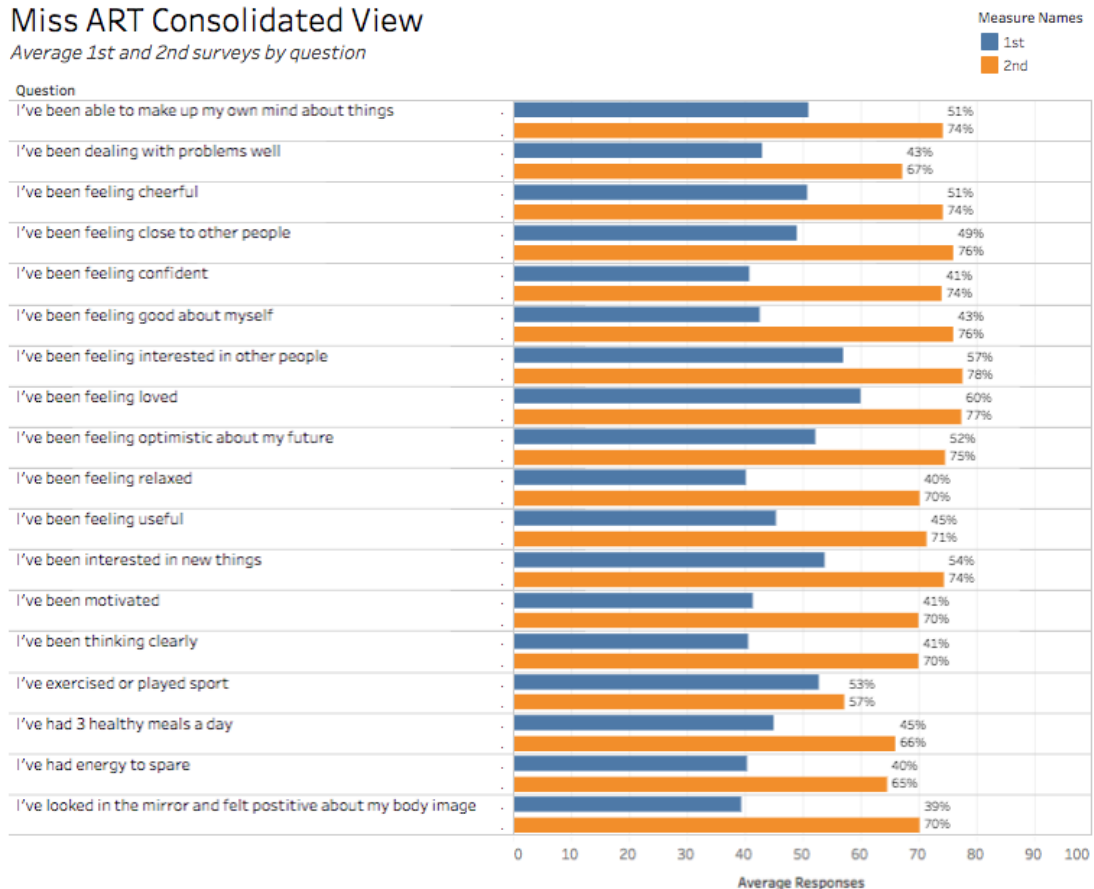
Diagram 2: Survey statements self-rated by participants.

everperform						
	Statements	None of the time	Rarely	Some of the time	Often	All of the time
1	I've been feeling optimistic about my future	1	2	3	4	5
2	I've been feeling useful	1	2	3	4	5
3	I've been feeling relaxed	1	2	3	4	5
4	I've been feeling interested in other people	1	2	3	4	5
5	I've had energy to spare	1	2	3	4	5
6	I've been dealing with problems well	1	2	3	4	5
7	I've been thinking clearly	1	2	3	4	5
8	I've been feeling good about myself	1	2	3	4	5
9	I've been feeling close to other people	1	2	3	4	5
10	I've been feeling confident	1	2	3	4	5
11	I've been able to make up my own mind about things	1	2	3	4	5
12	I've been feeling loved	1	2	3	4	5
13	I've been interested in new things	1	2	3	4	5
14	I've been feeling cheerful	1	2	3	4	5
15	I've had 3 healthy meals a day	1	2	3	4	5
16	I've exercised or played sport	1	2	3	4	5
17	I've been motivated	1	2	3	4	5
18	I've looked in the mirror and felt positive about my body image	1	2	3	4	5

Diagram 3: Self-rated survey results displaying pre-program (blue) and pos program (orange).

Miss ART Consolidated View

Average 1st and 2nd surveys by question



Every participant in **all** three locations improved in **every** wellbeing statement, with the average being a:

- **40%** increase in health;
- **52%** increase in happiness; and
- **63%** increase in confidence

The Miss A·R·T program focussed on the three key wellbeing areas of **health**, **happiness** and **confidence**. Survey statements related to each of these key areas to measure variance and in this case improvement.

Diagram 4: Self-rated survey results in the three key welling areas of health, happiness and confidence displaying pre-program (orange) and post program (red).

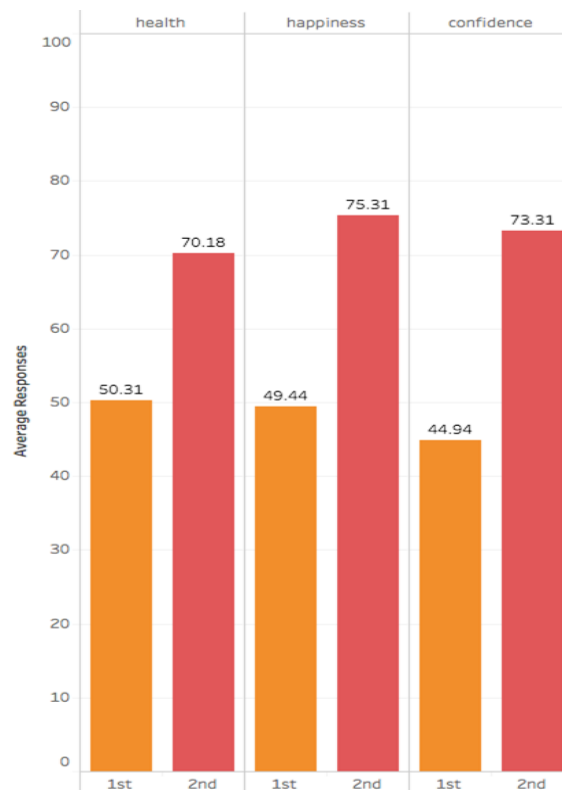


Diagram 5: Average pre-and post-program responses and variance (improvement) in the key areas of health, happiness and confidence and visually demonstrated by size of circle.



Significant Observations

1) 'I've been feeling confident'

(Pre - 40.75 / Post - 74.01)

The level of confidence amongst participants almost doubled, indicating that they will be less likely to avoid activities, isolate themselves, give up on studies, feel inadequate, anxious or depressed, succumb to negative peer pressure, be victimised and/or accept abusive or undermining relationships. Instead, the participants will be more likely to reach full potential at school and in the work place, be more resilient, adapt to change, participate in activities with others, form new friendships and be more likely to have a strong sense of self and motivation.

2) 'I've been feeling good about myself'

(Pre - 42.55 / Post - 76.03)

The results in this category almost doubled, strongly indicating enhanced levels of self-esteem and self-efficacy. Studies have shown that higher levels of self-esteem and self-efficacy enhance an individual's sense of responsibility, assist with the development of internally based values and thus improve the ability to make sound life choices.

3) 'I've looked in the mirror and felt positive about my body image'

(Pre - 39.50 / Post - 70.24)

The improvement in this statement indicates that participants will now be more likely to genuinely feel good about their appearance and less influenced by media portrayals of 'the perfect body'. Participants will be less likely to succumb to peer pressure to be 'slim' and begin dieting which can lead to the development of disordered eating.

Feeling confident, good about yourself, optimistic and having a positive body image are essential building blocks for having resilience and a high self-esteem. Girls with low self-esteem are at high risk of engaging in negative activities such as cutting, bullying, smoking, drinking, experimenting with drugs, promiscuity or disordered eating.

4) 'I've been feeling relaxed'

(Pre - 40.26 / Post - 70.11)

The significant positive improvement here is indicative of reduced anxiety levels which is a protective factor against the development of anxiety disorders. From a neurobiological perspective, the participant's ability to learn and retain information is greatly enhanced. When experiencing stress, the 'thinking' part of the brain gets 'hijacked' and learnings are not able to be committed to memory effectively.

In addition, feeling calm helps minimise anger, irritability, nervousness, feeling overwhelmed and difficulties with sleep.

5) 'I have been thinking clearly'

(Pre - 40.53 / Post - 72.49)

With improved cognition, participants will be more able to take on new information, increasing their capacity to learn, understand and be in their 'right mind'. Clear thought processes allow for allow for greater decision making and clear and efficient communication with others.

Being stressed and or not thinking clearly can interfere with normal daily activities, decrease self-esteem, negatively impact relationships, and decrease work and academic effectiveness. Stress and confusion can lead to self-doubt, self-blame, anger, aggression, being burned out, or becoming clinically anxious or depressed.

6) 'I've been able to make up my own mind about things'

(Pre - 50.98 / Post - 74.17)

With increased autonomy, participants are much more likely to take responsibility for their own outcomes in life and become self-sufficient in society. Participants are also more able to develop and be led by strong internal values.

7) 'I've been dealing with problems well'

(Pre - 42.93 / Post - 67.21)

The ability to solve problems is an essential life skill – emotionally, socially and in school/work situations. With improved problem solving skills participants feel better about themselves and have increased self-belief and therefore independence.

Dealing with problems and making decisions are key factors in cognitive and psycho-social development. With improved autonomy and confidence in dealing with problems, participants are more likely to be resilient in times of adversity and be less likely to experience a sense of helpless and hopelessness in life



Image courtesy of Resident Magazine

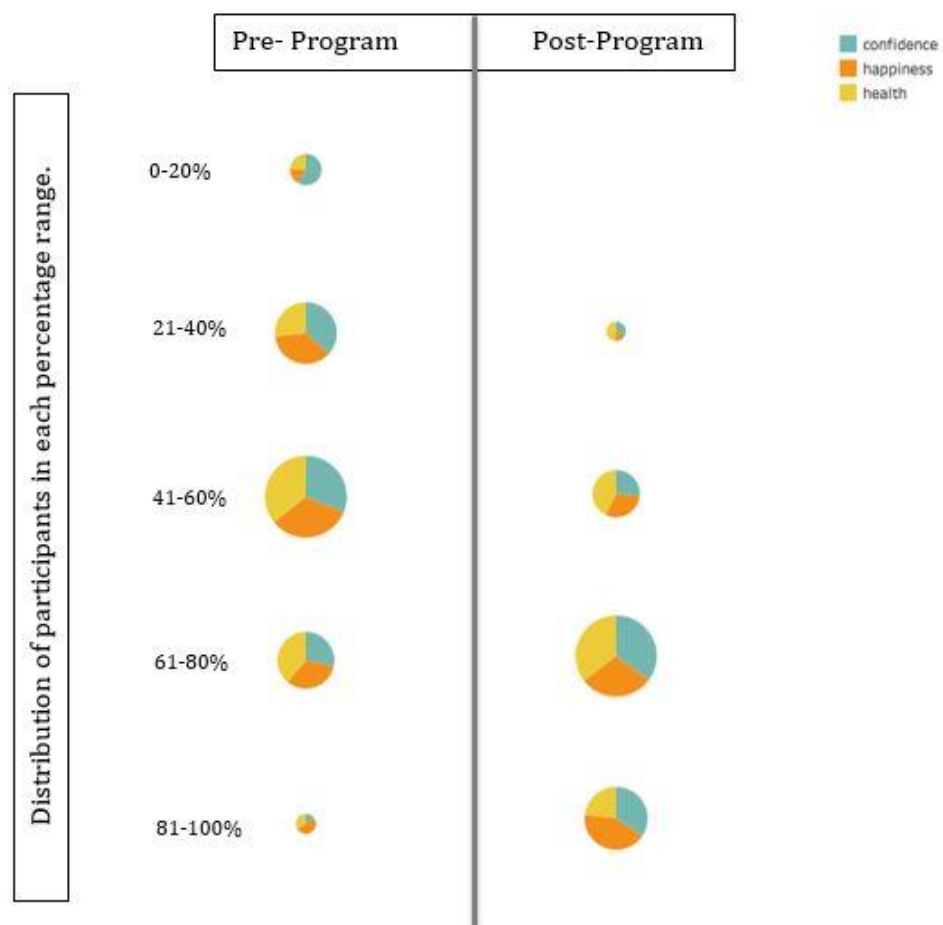
Pre-program results, in every location and in each cohort, showed a concerning level of young women rating themselves **less** than 20% and 40% in health, happiness and confidence (see diagram 5).

This strongly indicated that they were either experiencing or at risk of experiencing mental and emotional health and wellbeing issues such as anxiety, depression, low esteem, poor self-worth, hopelessness and helplessness.

It could therefore be surmised that a significant number of those that rated themselves as less than 20% and 40% could be partaking in or at risk of partaking in risk behaviours such as; self-harm, dieting, binge drinking, tobacco smoking, illegal substance use, overuse of prescription or over the counter drugs, promiscuity, bullying, violence, succumbing to peer pressure and or becoming a victim bullying.

Post program results showed a **zero**, overall rating remaining in the highest risk bracket of (0-20%) and **substantial decrease** remaining in the 21-40% bracket. The shift to the higher brackets of above 60% is significant (see diagram 5).

Diagram 6: Distribution of participants in each self-rated percentage range. Health, happiness and confidence percentage ranges pre-and post-program.



Additional Highlights and Outcomes

Mandatory Reporting

One of the Miss A·R·T modules, **Personal Power**, aims to build participants capacity to have boundaries, say no, stand up for themselves, have a strong presence about themselves and stay safe and protect themselves. Topics such as violence (personal, domestic and sexual), bullying, sexual harassment, conflict resolution, cyber risks and general personal safety and awareness measures are discussed and explored.

As a result many disclosures were made to the program facilitators regarding personal issues and experiences including, but not limited to:

- Domestic violence witnessed between parents or in the family home
- Domestic violence experienced upon themselves
- Child sexual abuse / inappropriate language of a sexual nature by an adult
- Sexual harassment experienced at school and in public places
- Bullying at school, in public and via the internet

Three mandatory reports were made to Police, largely relating to domestic violence experienced within the home. Liaison with the Northern Territory Police Domestic & Family Violence Unit was conducted successfully to ensure the ongoing support and safety of the participants that disclosed information relating to domestic violence related issues.

Risk-taking Behaviour

As a by-product of the Miss A·R·T delivered content, it was discovered (through outside means and by the admissions of the participants themselves) that some participants regularly engaged in risk-taking behaviours such as:

- Physical fighting
- Criminal activity
- Truancy
- Promiscuity and underage sexual activity
- Self-harm
- Tobacco smoking, alcohol use and binge-drinking
- Illegal substance use

Time was spent discussing the setting of values and boundaries and discovering personal abilities and limitations. The potential personal, familial, social and future consequences for such behaviour was also discussed in detail, both in group sessions and on an individual level.

Follow up Miss A·R·T programs are required with the current cohort of program participants to gauge a shift in attitude towards the aforementioned behaviours. It is strongly believed that the Miss A·R·T program will continue to have a significant and positive influence in this area as personal responsibility, effective communication and self-efficacy are featured themes of the program.

Financial Literacy

It is well known that teenagers have very limited financial literacy and often make poor decisions around budgeting and saving money. Often, knowledge regarding the cost of day-to-day living is completely lost on adolescents and many also lack the confidence and drive to seek part-time employment. Many of the Miss A·R·T participants come from socio-economic disadvantage and are not actively encouraged by their parents or carers to seek employment or be responsible for personal finances.

As such, one of the Miss A·R·T modules **Money Matters** aims to address the aforementioned issues. During the financial literacy session information, such as essential and incidental living costs, budgeting, earning, interest, paying late fees, lock in contracts, tax, credit cards and the importance of saving and operating a bank account were discussed.

The Commonwealth Bank attended the Money Matters module in all three locations and provided support for a total of twelve Miss A·R·T participants to open their first bank account. They received a \$20 deposit from A·R·T Your Life as a starter and congratulations for making a positive step towards an increased financial literacy and responsibility.

Community Service

Time and energy is the most valuable gift that one can give, as it cannot be returned. The notion of “you need to give to receive and when you receive you give” is a key message delivered consistently throughout the Miss A·R·T program. Miss A·R·T actively encourages its participants to give to their community by way of volunteering their time and energy for the betterment of the community and in return, for themselves. As a result of the programs run in Darwin, Alice Springs and Palmerston in 2016, a total of **174 hours** of volunteered community service was given by the Miss A·R·T participants to:

- Somerville Family and Community Services x 120 hours
- Riding For The Disabled Alice Springs x 6 hours
- The RSPCA x 6 hours
- Miss Muddy x 6 hours
- Gillen Pre School x 6
- Breast Cancer Fundraiser x 6
- Palmerston Christian School Library x 6 hours
- Junior Police Rangers x 6 hours
- Henbury Op Shop x 6 hours
- YMCA x 6 hours

Big Sister Little Sister Volunteering

The school holiday Miss A·R·T program was designed to encourage a 'big sister, little sister' ethos. As such, the senior girls participating on the Monday and Friday were invited to attend the Wednesday and Thursday with the junior girls to help and assist as mentors. It was anticipated that this would build relationships prior to combining both groups of girls on the Friday.

A total of 16 senior girls (Darwin, Alice Springs and Palmerston) volunteered their time to assist with and mentor girls in the junior cohort.

A total of **256 hours** was contributed by the seniors to support and mentor the juniors.

Program Facilitators

Miss A·R·T is based upon a peer to peer education model with the aim of training and supporting participants of the program to become Miss A·R·T co facilitators and facilitators.

Three previous Miss A·R·T participants were trained, supported and employed to co facilitate the July and October 2016 school holiday program.

Name	Location
Olivia McLelland	Darwin and Palmerston
Madelaine Coleman	Darwin and Palmerston
Stevie Kirke-Groves	Alice Springs



Guest Presenters

A number of women who have participated in the adults seven-week A·R·T Your Life intensive volunteered their time and expertise to assist with the delivery of Miss A·R·T content. They have all said they would like continue to do this for future programs.

Volunteer Guest Presenter	Profession	Module	Program
Susan O'Callaghan and three of her team members	Hairdresser Owner of Helmet Hair	Hair Care and Style	Darwin and Palmerston
Justine Bell	Beautician Owner of Belle Beauty	Skin Care	Darwin, Alice Springs and Palmerston
Shaan Novak	Director Regulation and Compliance, Department of Infrastructure, Planning and Logistics	Money Matters	Darwin, Alice Springs and Palmerston
Sarah Hutchinson	Acting Sergeant, Domestic & Family Violence Unit, Northern Territory Police	Personal Power	Palmerston
Debbie Bampton	Service Development Manager, Somerville Community Services	Community Service Opportunities	Darwin and Palmerston



IMAGE COURTESY OF RESIDENT MAGAZINE

Image courtesy of Resident Magazine

Volunteers

Miss A·R·T is promoted, supported and encouraged by a growing community and movement of women and men who are concerned about the epidemic of mental health and behavioural issues amongst our youth. They want to see change for our next generation and are passionate about the need for them to be healthy (mentally, emotionally and physically), happy and confident. They believe nothing returns more than self-worth, self-respect and a self-belief mindset and they know these are the outcomes of Miss A·R·T.

For the past five years Miss A·R·T has been supported by volunteers, the following volunteered during the Northern Territory Government supported program and it is well known that ongoing volunteer support is essential and is guaranteed.

Darwin Assistants	Alice Springs Assistants	Palmerston Assistants
Lisa Thomason	Kristen Appel	Samantha Dreyer
Lee Keller	Sharon Tregea	Heather Banks
Terri Vandenberg	Onika Poloucci	Corri-ann Cross
Michelle Ormsby	Rosemary Weckhart	Lisa Thomason
Leah Sharley		Jasmine Murdoch
Jo-ann Lovegrove		Natalie McDowell
Natalie McDowell		
Nikki Cameron		
Behind the Scenes Volunteers:		
Narelle Trimble	Francis Duncan	Colleen McAlpine
Wendy Kirke	Trudy Cole	Stephanie Brown
Sue Gibbs	Brooke Sommers	Justine Mayo
Tina Charles	Jo Robertson	Terri Hart
Carol Wilson	Janene Mendez	Jo Osborne
Cassandra Ling	Purdey Eades	Mel Dunlop



Participant and Community Feedback

On day five, participants were asked to complete a feedback form rating the program from one to 10, with 10 being excellent. The overall average was 8.3.

Darwin - 7.7

Alice Springs – 8.6

Palmerston - 8.7

The following is a de-identified sample of the responses:

Before Miss ART I was feeling...	Now I am feeling...	The most empowering for learning for me was...	Highlight for me was...	Have you got any suggestions that would improve Miss ART?
Before Miss ART I was feeling down and hopeless. I was also feeling very unmotivated and had some harsh opinions on my body.	Now I feel confident in myself and my future, my thoughts and plans are clearer and I'm truly learning to love and accept myself.	Learning to love and appreciate myself and my body.	The more empowering learning for me was learning how to drive my own bus.	I believe Miss Art should become national. It's helped every girl so far so why not make it more successful.
Alone, unmotivated, rejected.	Happy, like I'm in control.	So many things: the vision board, the notes activity and the mirror activity, the food, the venue.	The mirror activity but also the notes activity.	I think miss ART is incredible just the way she is.
Self-conscious, stressed, anxious, alone, sad, confused about future.	Confident. I'm learning to love myself, relaxed, happy, confident about future, positive, empowered.	Making the vision board, the amazing venue and food and learning about body image and hair.	I have to love myself. It doesn't matter what other people think because at the end of the day I go to bed with myself and wake up with myself every day of my life.	No

Before Miss ART I was feeling...	Now I am feeling...	The most empowering for learning for me was...	Highlight for me was...	Have you got any suggestions that would improve Miss ART?
Stressed, useless, had no self-confidence.	Relaxed, useful, knowing I can do anything.	Meeting new people and creating the vision boards.	Having a voice to speak up for myself.	Encourage more people to go.
Depressed, anxious, nervous, worthless and unloved.	Useful and I feel amazing about myself. Confident and powerful.	Learning different ways to tell myself how amazing and wonderful I am.	No matter who or what you are that everyone is beautiful - even me.	No - everything was great.
Very upset with my body image, unmotivated and not very confident.	Loved and motivated. I look in the mirror and love what I see and my confidence has improved dramatically.	Learning to love myself and to treat life as the gift it is.		It needs to become national to help other girls like me.
Lonely, sad and negative.	Very positive, interested in people. More healthy and generally a lot happier.	Decorating the vision board. But I loved each and every activity that I participated in.	Learning about my bus, DDG and body image.	No, every activity in Miss ART is amazing and gives/makes girls happier and more confident.
Unsure about my look and lazy.	Confident and motivated.	Hearing the good things people thought about me.	To be happy with who I am.	No, it's perfect.
I was worrying a bit and was interested in what was going to happen.	I'm feeling great. Very confident, proud and cheerful because it's helped.	Meeting new people, the vision board and the things I learnt.	The bus and the personal power speech.	

Before Miss ART I was feeling...	Now I am feeling...	The most empowering for learning for me was...	Highlight for me was...	Have you got any suggestions that would improve Miss ART?
Not as confident with myself and with meeting others. I was all stressed out.	I am now more relaxed/calm and I can deal with situations better. I am also more confident.	Meeting other people and talking about the bus as it gives me something to look back on when I	How important it is to clean your vision (your bus) and to get rid of bad passengers.	No, I feel like it is already amazing.
Depressed and unknown. I had felt very anxious.	Now I am hopeful for the bright future ahead. I've gotten out of the house more and now feel more self-confident.	All of it, pretty much. I highly suggest that Miss ART is something that should happen more often.	Learning how to believe and love myself.	
Down, angry, unimportant, scared to try, always over thought failure, not good enough.	I feel more sure of myself and I realised that noticing the bad little stuff will blind you from seeing the good and important things in life. Also if I want something to chase it and stay motivated.	The highlight was the whole program as I realised that it wasn't just me feeling how I felt. I felt a bit more normal realising that lots of people felt how I did too.	I think it was the fact that I can trick my own mind by changing my language and my body movement.	Not sure how to make it more empowering but I feel like 7 hours straight is too much and some get bored and tired. So maybe breaking the sessions up a bit.
Depressed and horrible within myself and not confident within me or my body image.	Happy, overjoyed, enthusiastic etc. because how helpful Miss ART was. It's affected me greatly in a good way. It's made me stronger and empowered.	Meeting gorgeous new people and finding my true place as woman/girl.	Self talk and how to sort out problems. How to be confident.	Make it more than three days so it can take more effect and sink in.

Before Miss ART I was feeling...	Now I am feeling...	The most empowering for learning for me was...	Highlight for me was...	Have you got any suggestions that would improve Miss ART?
Tired, insecure, unhappy, cloudy.	Very empowered strong.	The group chant (after putting words into the bin).	Body image obviously. I'm having health issues and can't exercise. The body image helped lots.	Separating the Juniors and Seniors fully (not joining up on Friday).
Unloved, un wanted, not confident, left out, not feeling I belong, fat, ugly, unworthy.	Great about myself and body image and no one is perfect and I just feel great and so happy I came.	Making the vision board, the bus, making new friends.	Learning I'm going to be with me for the rest of my life and I'm my own best friend.	Not really because I think Miss ART is perfect the way it is and it taught me a lot.
Lonely, self-doubt, bored, uncertain.	Positive, optimistic, confident, loved, in control. Empowered.	The vision boards and the amazingly supportive people and staff.	About the bucket. Also about self-love and confidence.	Longer program. Maybe a camp!
Suicidal, depressed, unloved, unsure, sad.	Hopeful, connected, loved and cared about. I love my body.	The sheet of paper we wrote your names on it. The people wrote nice stuff about our personality and being. Plus all the friends we made.	Love yourself (be your own best friend) and be grateful for everything - you drive your bus.	More about exercise and sleep.
I felt like there was nothing to like about my body. I hated what I saw in the mirror.	I feel beautiful. I love myself just the way I am. (I will try to lose weight later on.)	I loved making my vision board. It will forever be a vivid memory of my time with Miss ART.	The body image slide made me feel beautiful, strong and above all, empowered, no matter what the bullies say.	I really don't. I loved it so much I want every young woman to experience what I did over the last few days.

Before Miss ART I was feeling...	Now I am feeling...	The most empowering for learning for me was...	Highlight for me was...	Have you got any suggestions that would improve Miss ART?
Self-conscious, anxious, confused, alone, rather sad. I wanted to be alone.	Rather positive. I feel as though I will be able to change the things I dislike with my bus to make it perfect for me.	Meeting wonderful new people and learning how to take care of myself mentally and physically.	Learning how I can be more confident and optimistic towards myself.	Send this program to more schools. Teenagers everywhere need this program. The program was personally more effective than advice from over five counsellors and psychologists!!
Depressed, overall shitty, useless, fat, ugly, anxious, worthless.	Optimistic, I feel like people care.	When Stevie and I did soul searching it was so hard, and she understood.	I am enough. I can make it.	Maybe have more young people volunteer to help. It's easier to talk to them and trust them.
Not loved as much as I am now. Not confident, thinking my body was in bad shape.	Loved, confident, happy, healthy and strong.	Learning about the Bus the skincare products and getting to know new people.	To learn about our body and how we look at people.	Having pin board buses to create at the start then the end.
Very depressed, stressed and I really just hated life.	I'm feeling happy and better about myself and I've really learnt so many new things.	Getting help and just realising if you think and be positive life all of a sudden gets easier.	The heart space activity.	Miss ART is truly the best program ever, Catie. I hope you keep doing this for many more years.
Really, really self-conscious.	The opposite of self-conscious.	The burning bucket.	Learning that I am important	More time to fit everything ie. longer over 4-5 days.

Before Miss ART I was feeling...	Now I am feeling...	The most empowering for learning for me was...	Highlight for me was...	Have you got any suggestions that would improve Miss ART?
I felt trapped and negative about myself and my body.	Good, I feel more positive and more open about things.	When we were all making boards.	How she used a bus as an example on how to explain your life and situation.	Really good. Nothing needs to be changed. Maybe make it from 10-00am to 4.00pm.
Depressed, anxious, under confident, unloved, worthless.	Stronger, more confident, beautiful, optimistic. I feel like the program has made a real difference to my life.	Writing cards on a person's good qualities, vision boards, body image.	Learning about generalise, delete, distort and the body image topic.	the icebreaking/getting to know people activities were good but more focus could be put on this to form stronger bonds with other Miss ARTers.
I felt like nobody understood me and I wasn't loving myself as much as I should have.	Like a different person. Resilient and I know how to deal with feelings that are unusual.	Burning the bucket that was full of negative comments and statements	Learning about how to love myself and my body more and exclude negative thoughts.	No, it was perfect.
Scared, upset, not confident, not feeling good about myself.	Happy, positive about my future. I really like my new friends and the teachers that I met.	Doing actives with other people and saying nice things to each other.	Everything. Everything impacts who you are.	More videos and stories so they touched my heart. More laughing.
Self-hatred and wanted to kill myself.	More self-love than I have been and much happier.	Heart space	Was when we did the heart space and did it to ourselves	I don't know. It was incredible.

Throughout each of the Miss A·R·T programs conducted in Darwin, Alice Springs and Palmerston, several emails, letters and phone calls were received from the participants of the program, their parents and others in regular contact with the participants from a range of health, school and community agencies. Appendix B displays a small sample of the feedback received which has been overwhelmingly positive and supportive of the program.



Program Facilities

Venues used:

Darwin	Parap Primary School
Alice Springs	Alice Springs Middle School
Palmerston	Rydges Hotel, Palmerston

As described previously, the allocated program funding did not cater for independent facility hire to host the program and it was agreed that the Department of Education would provide school facilities for this purpose. Following the completion of the programs in Darwin and Alice Springs it was quickly discovered that utilising a school setting was not an ideal environment for a school holiday program such as Miss A·R·T for the following reasons:

- The school setting used was often the location of bullying and violence experienced by some of the participants of the program which greatly compromised the comfort, communication and open dialogue of the participant
- Many of the participants felt as though Miss A·R·T was just like a part of the regular school curriculum as opposed to being an independent, stand-alone program. The significance of the information delivered to the participant was dulled as a result
- The school environment fostered a 'teacher / student' or 'adult / child' mentality within the participant which is not the intention of the Miss A·R·T program. Miss A·R·T intends that each participant will be treated as and made to feel like a young adult who is ultimately responsible for their own thoughts, feelings, decisions and actions and is not under the control of an figure of 'authority'
- Lack of appropriate 'break out' facilities outside of the main program delivery room to allow for one-on-one contact where required
- Lack of appropriate bathroom and kitchen facilities to allow the program to run efficiently
- Restricted after-hours access to the school facilities to allow for equipment set-up and pack-up
- Lack of space within each classroom to allow for the display of Miss A·R·T materials and movement of participants to participate fully and appropriately in the Miss A·R·T practical activities
- Inadequate storage for catering and materials
- The requirement to clean during and post program, arrange for catering and physically move and re-arrange school furniture was physically taxing on the program facilitators and volunteers. This had a negative impact on the quantity of time that was available to support interact and personally connect with each participant

As a result of the challenges faced at the Parap Primary School and Alice Springs Middle School and in an effort to gauge the differences in conducting the program in an independent and neutral setting, a function room at Rydges Hotel was hired for the program that was conducted in Palmerston.

The benefits of using Rydges Palmerston were telling. As cleaning and food preparation and service were catered for by the venue, much more quality time was able to be spent with each participant. The participants appeared to engage in the program activities more freely and with a greater level of detail. The function room hired was open, spacious and the Miss A·R·T materials were able to be easily displayed. The participants were able to move about the room freely and the practical activities were able to be conducted with ease in the large amount of space available. The venue provided an opportunity for each participant to engage in personal and sensitive discussions in a setting designed to feel more like an adult learning environment.

Additionally, having the ability to deliver the Miss A·R·T equipment and program materials directly to the venue in the days leading up to the program greatly eased the demand on the program facilitators and volunteers. It also allowed for a much more aesthetically appropriate space to be created for the participants. The logistics of delivering the Miss A·R·T program were greatly enhanced by utilising the Rydges Palmerston facilities.

In saying the above a Miss A·R·T program run within a school environment during school terms as either a curriculum or extra curriculum program could potentially be ideal and would provide the ongoing support and accountability required to further enhance outcomes.



Immediate and Future Recommendations

The program is now in its fifth year and has proven to be valuable to the lives and futures of the young women who participate. Through the Northern Territory Government's Community Support Grant/Sponsorship program, Miss A·R·T was able to reach a larger cohort of young women with incredible and measurable results.

The overwhelming positive feedback received from individuals, schools and the wider community has called for the program to be extended and expand to a larger number of teenage girls on a more regular basis. Requests for information about future Miss A·R·T programs are still being received daily from parents, individuals and schools.

It has become apparent that Miss A·R·T's ability to expand in size and reach is only limited by the resources available to have it facilitated efficiently and in multiple location. This includes having access to an appropriate level of funding and personnel to facilitate the program. The ability to employ and induct an increased number of program coordinators and facilitators, throughout the Northern Territory is essential for the future success and sustainability of the Miss A·R·T program.

The immediate and future recommendations are as follows:

Disseminate Program Results and Recommendations:

- Publicly acknowledge and share Miss A·R·T program results to further engage the community, increase awareness of the need for and capacity for change within and amongst our teens.
- Disseminate results and recommendations to the Ministers of relevant portfolios eg: Education, Health, Children and Families, Youth and Women's Policy to inform them of the program results, gain their support and to highlight the poor mental and emotional health, happiness and confidence of Territory teenagers and the now proven capacity we have to improve this.

Delivery of Miss A·R·T to every teenage girl in the Northern Territory:

- It is recommended that Miss A·R·T be delivered to and shared with EVERY teenage girl in the Northern Territory over the next three years. The Northern Territory's small population provides an ideal environment to create a cultural shift and movement, whereby our next generation learn the tools to take responsibility for and enhance their mental and emotional health, happiness and confidence

Additions sought in relation to the current Miss A·R·T program:

- Survey more participants throughout the life cycle of the Miss A·R·T program to understand and better evaluate how the program incrementally enhances the lives of each participant
- Create a model that offers individual one-on-one support to Miss A·R·T participants who are identified as requiring further support post program
- Develop an application, with goal setting and feedback capacity, to provide participants with ongoing education, support and mentoring
- Conduct at least one follow-on program (eg. by a one or two day 'refresher' course) for each of the 2016 Miss A·R·T participants in Darwin, Palmerston and Alice Springs as soon as possible, so that the progress of each participant can be gauged and each individual can continue to be supported and have further opportunities to engage
- Conduct further Miss A·R·T school holiday programs in Darwin, Palmerston and Alice Springs mid-2017 to cater for those that had registered their interest in the 2016 program but were not able to attend due to personal circumstances and or the program being booked out
- Conduct a Miss A·R·T school holiday program in Katherine mid-2017 to meet the many requests received from parents, young women and organisations
- Source suitable venues to deliver the Miss A·R·T program and avoid the use of the school setting due to the reasons explained previously (if it is to be run as a school holiday program)

Development and trial of a 'Mother / Daughter' and 'Father / Son' program in 2017:

- Develop and facilitate a 'Mother & Daughter' program in which Miss A·R·T participants and their mothers / female care-givers participate together in a short workshop relating to relevant topics as delivered in the initial Miss A·R·T program
- Develop and facilitate a 'Father and Son' program in which Mr A·R·T participants and their fathers / male care-givers participate together in a short workshop relating to relevant topics as delivered in the initial Miss A·R·T program



Development and trial of a brother 'Mr A·R·T' program in 2017:

- Develop and trial a 'Mr A·R·T' program that caters to the needs of Northern Territory teenage boys with appropriately gendered content, run in a similar format to the current Miss A·R·T program. A 'Mr A·R·T' program will have great potential in influencing teenage male youths currently participating in the Youth Diversion Program and also assist in the rehabilitation of male youths currently in and freshly released from the youth justice system
- Identify, train and induct male facilitators for the 'Mr A·R·T' Program

Identification, training and induction of 'Miss A·R·T' and 'Mr A·R·T' programs:

- Further scale the Miss A·R·T program which will require the employment and training of a larger number of program coordinators and facilitators and in particular participants of the program to embrace a peer to peer education model
- Employ an assistant to support and manage the administration and operations of the Miss A·R·T program

Integration of 'Miss A·R·T' and 'Mr A·R·T' into the NT Education System:

- Develop a 'Miss A·R·T' and 'Mr A·R·T' program to be conducted as a stand-alone program integrated into the current NT school curriculum or as an extracurricular activity or elective. It is envisaged that 'A·R·T' classes would be conducted for a short period of time on a weekly basis spanning one school term, or on a fortnightly basis spanning one school semester. In this format, all students (both female and male) in a school population or target year level would be exposed to 'A·R·T' with minimal disruption to the regular school curriculum. This type of program may be conducted with an appropriate school setting or, ideally, held as a regular off-campus excursion for participants in a near-by independent venue
- Miss A·R·T has proven results and integrating the program into the existing education system would facilitate tangible and long term outcomes

Summary of Immediate Recommended Actions

Action	Purpose	Funding Required
1 Publicly acknowledge and share Miss A·R·T program results	Further engage the community, increase awareness of the need for and capacity for change within and amongst our teens.	Nil
2 Disseminate results and recommendations to the Ministers of relevant portfolios eg: Education, Health, Children and Families, Youth,	To gain their support and highlight the poor mental and emotional health, happiness and confidence of Territory teenagers and the proven capacity we have to improve this.	Nil
3 Develop and conduct a facilitator training program.	Build capacity to conduct additional and current programs.	Yes
4 Conduct a two-day refresher workshop in Darwin, Alice Springs and Palmerston within the next 3 months.	Provide program participants with the opportunity to refresh the tools they gained to ensure ongoing strengthening of their health, happiness and confidence.	Yes
5 Conduct Miss A·R·T school holiday programs in Darwin, Palmerston. Katherine and Alice Springs this June/July 2017.	Provide the program for the overwhelming number of enquiries we have from young women, parents and organisations in all of these locations.	Yes
6 Establish an Advisory and Steering Team	Provide guidance, influence and support to ensure the medium and longer term recommendations happen including the development of Mr A·R·T	Yes
7 Employ an assistant	To support and manage the administration and operations of the Miss/Mr A·R·T programs.	Yes



Public Acknowledgement

The Northern Territory Government was acknowledged for their support in all collateral and publicity, via the following means:

- Television commercial aired on Channel 7 Darwin, Palmerston and Alice Springs
- A5 full colour brochure distributed to schools in Darwin, Palmerston, Alice Springs, Katherine and Tennant Creek both electronically and in hard copy
- A·R·T Your Life and Miss A·R·T websites
- Facebook advertising
- A·R·T Your Life and Miss A·R·T. Facebook banner
- Miss A·R·T. workshop materials including power point presentations
- Graduation certificates

Thank you for supporting the Miss A·R·T program and please contact me if you would like further information. Catie Kirke 0411 383 761.



APPENDIX A – Examples of Advertising

The Miss A·R·T brochure:



Being a teenager can be really tough. You're under pressure from your family, your teachers, your friends, social media and your own expectations.

You feel like you have to be perfect and have the perfect body and the perfect life. You want to fit in and feel like you're good enough. You wish you knew what your future held and what your purpose is.

Miss ART is not about painting or craft. The 'Miss' stands for YOU, and the ART stands for Activate, Reshape and Transform.

*It is a three-day school holiday program for girls aged 13 to 19 that shows you how to be **HAPPY, HEALTHY** and **CONFIDENT**.*

understand who you are and what you want

stand up and believe in yourself

have body confidence and healthy habits

be your own best friend

dress for success and take care of your hair and skin

overcome horrible experiences like bullying, breakups and family issues

have better relationships

design a future you love

give to others and make a difference to this world we live in.

*This school holiday program is **FREE!***

**Go to www.missart.com.au for information and to apply online
OR email sparkle@artyourlife.com.au for an application form.**



ART YOUR LIFE | PH: 1300 784 887 | EMAIL SPARKLE@ARTYOURLIFE.COM.AU

- • • *We all want our daughters to be happy, healthy and confident*

BUT ... the teenage years have become tough to navigate

Never before has there been so much pressure to have the perfect body, excel at school, win accolades for sport or performance, be liked and 'be successful'.

Our girls are influenced by Facebook, social media, magazines, television and a culture of celebrity adoration, and the bottom line is:

- *Nearly one in five girls aged 16 to 17 are suffering from depression.*
- *Bullying is rife, and girls who are victims in their school years are more likely to remain victims to life as they get older.*
- *A quarter of our girls deliberately injure themselves.*
- *Over half withdraw from life-engaging activities because of their appearance.*
- *Almost 70% of 15-year-old girls are on a diet, and eating disorders represent the third most common chronic illness for young women.*
- *Young people see mental health as a more important issue than the environment, education and employment.*

Your daughter's mental and emotional health is vital, and prevention is far better than cure!

FREE school holiday program in Darwin and Alice Springs.

Miss ART (Activate, Reshape and Transform) is an innovative program that strengthens self-awareness, builds confidence and cultivates a mindset of self-belief. It also ignites a sense of personal and social responsibility and develops leadership potential.

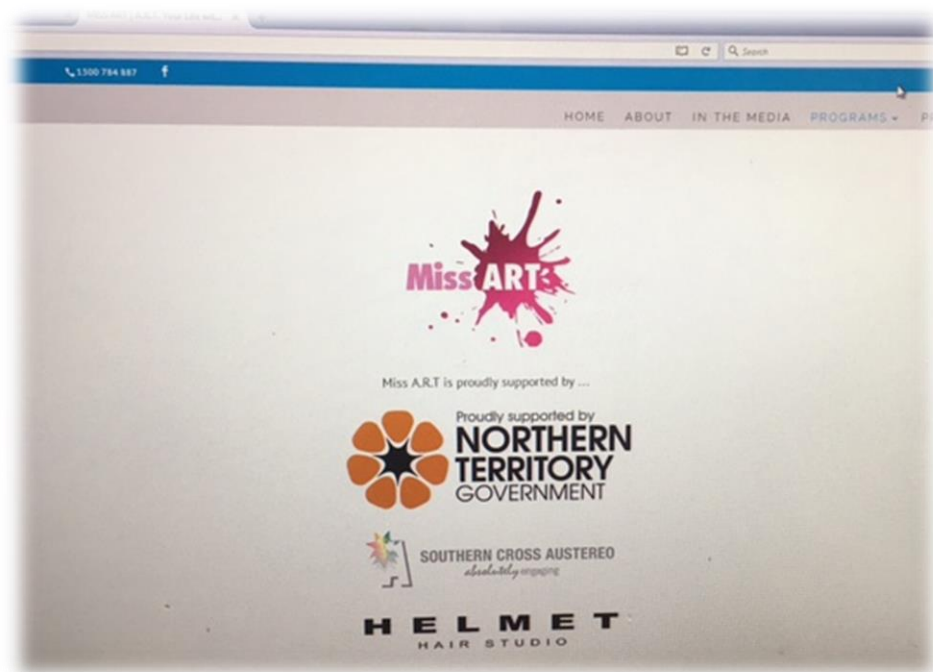
This three-day school holiday program gives your daughter the personal tools she needs to be happy, healthy and confident—her mental health is the foundation of her future.

Go to www.missart.com.au for information
and to apply online OR email
sparkle@artyourlife.com.au
for an application form.



ART YOUR LIFE | PH: 1300 784 887 | EMAIL SPARKLE@ARTYOURLIFE.COM.AU

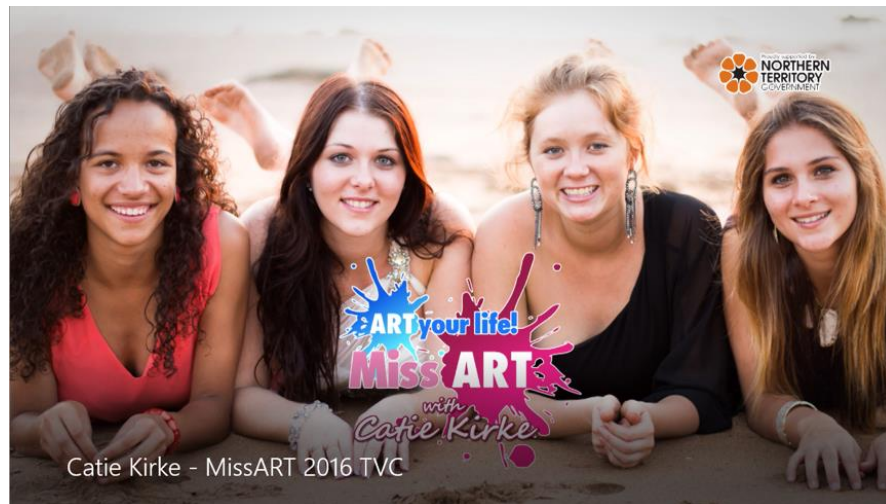
The Miss A·R·T website:



The Miss A·R·T graduation certificate:



The Miss A·R·T television commercial:



Samples of Miss A·R·T Facebook posts acknowledging the Northern Territory Government

Miss ART
17 June 2016 · 🌐

Are you in your teens and feel ...


- Lost or misunderstood
- Not good enough or that you are different
- Pressured to achieve and to have a perfect body
- Annoyed or frustrated with school, family or friends
- Confused about yourself and your future?

It doesn't have to be that way and yes you CAN feel HAPPY, HEALTHY and CONFIDENT.

Miss A.R.T. is a FREE three-day school holiday program that is practical, fun and filled with the things you do not learn at school.

It starts in Alice Springs on 18 July 2016 and is proudly supported by the Northern Territory Government. Go to www.missart.com.au for information and to find out how to apply online.

"Before Miss ART I felt alone unimportant, lazy, taken for granted. I am now feeling uplifted, grateful, happier, empowered and appreciated. I now truly appreciate myself, all the wonderful things in my life and my true power as an individual." ~ Miss ART Graduate



FREE School Holiday Program for Teens

This three day program is filled with fun, empowering and interactive workshops to give you what you need to love yourself, your body and your life.

WWW.ARTYOURLIFE.COM.AU [Learn More](#)

Catie Kirke - ART Your Life
Written by Melinda Dunlop [?] · 28 June 2016 · 🌐

We all want our daughters to be happy, healthy and confident. However, the teenage years can be really tough and difficult to navigate.

Our girls are influenced by Facebook, social media, magazines, television and a culture of celebrity adoration. The bottom line is:

- Nearly one in five girls aged 16 to 17 are suffering from depression,
- A quarter of our girls say they have deliberately injured themselves at some point in their lives,
- 68% of 15 year old girls are on a diet,
- Eating disorders represent the third most common chronic illness for young women.

Your daughter's mental and emotional health is vital and prevention is far better than cure!

Miss A.R.T. (Activate, Reshape and Transform) is FREE program for teenage girls that strengthens their self-esteem, builds confidence, develops leadership potential and cultivates a mindset of self-belief. It gives them the knowledge, tools and skills for a happy, healthy and confident future.

The three-day school holiday program starts in Darwin on 4 July 2016 and is proudly supported by the Northern Territory Government. Go to www.missart.com.au for information and to find out how to apply online.

"Before Miss ART I felt alone unimportant, lazy, taken for granted. I am now feeling uplifted, grateful, happier, empowered and appreciated. I now truly appreciate myself, all the wonderful things in my life and my true power as an individual." ~ Miss ART Graduate



FREE School Holiday Program for Teenage Girls

Miss A.R.T. strengthens self-esteem, builds confidence, develops leadership potential and cultivates a mindset of self-belief and it starts in Darwin on 4 July 2016.

MISSART.COM.AU [Learn More](#)

APPENDIX B – Samples of Feedback received

----- Forwarded message -----
 From: Mel Williams <mel.williams@cdu.edu.au>
 Date: Mon, Dec 12, 2016 at 11:46 AM
 Subject: Little Miss A.R.T
 To: ART Your Life Sparkle <sparkle@artyourlife.com.au>

Hi Cattie,

Thank you for your email in regards to the Miss A.R.T program for primary aged children.

It is disappointing that there is nothing available for this age group. I have heard about the amazing experiences and outcomes that the older girls and also adult women have by completing your programs, you must be congratulated on that. It is such an important program, for women and young girls, being able to walk away feeling empowered and in control of their own future and feelings. I wish I had such a thing when I was growing up.

I think that it would be a fantastic tool for parents if there was a program like Miss A.R.T for primary school girls, as this is the time where they need to be empowered. They are trying to work out who they are, and where they fit within their community, and this can be such a hard time, as emotions and pre-puberty hormones are flying around every which way. We know that kids can be cruel and hurtful towards each other, but wouldn't it be amazing if we could prevent that, and have young girls building each other up and supporting each other?

If you are able to run a program for the 8-12 year old pre-teen girls that are starting to go through puberty, I would be the first to sign my girls up. As much as I try to be the guiding light for them, what do mum's know right? They always take more in from someone else, and this program would be ideal.

I look forward to you being able to run a younger girls group and I hope that it is in time for my girls.

Thank you Cattie.

From
 Mel



Melissa Williams
 Administration Officer (Professional Experience & Placements Academic Communications)

FACULTY EHSE & LEBA SHARED SERVICES
 T: +61 8 8946 6717
 E: mel.williams@cdu.edu.au
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CHARLES DARWIN UNIVERSITY
 Darwin, Northern Territory 0909 Australia
 CRICOS Provider No. 00300K (N71VIC) | 032864 (NSW) | RTO Provider No. 0379

'Before Miss A.R.T. I was feeling down, unimportant, lazy and taken for granted. I now feel uplifted, grateful, happier, empowered and appreciated. I also now truly appreciate myself, all the wonderful things in my life and my true power as an individual.' Miss A.R.T. Graduate

I wanted to send a email to acknowledge the fabulous work you are doing with the Miss Art your life program.

One of my young clients recently attended this program who had low body image/ confidence and was heading down the path of a full blown eating disorder.

After seeing her today she had more confidence, had grown taller, put on weight and her menstruation had been resorted with the weight gain. Her favourite parts of the program was the clip you showed on body image and air brushing, cyber safety and the ?bus metaphor.

I'll have to keep this program in mind for other vulnerable young females who come into my office.

Keep up the great work ladies!!

Enjoy the rest of the day :-)

*Alyce Rees, APD
 BHealthSc, MDiet, GradCertDiabEd
 Dietitian
 Balance Diet Centre
 Shop 16, Casuarina Village, 54 Bradshaw Terrace, Casuarina, NT 0810
 Phone: (08) 8945 5966 Fax: (08) 8945 5417*

Hi Catie

Since attending the art Your Life workshop with Catie Kirke, young Brooke (aged 13) has now a smile on her face and a greeting on her lips when she meets people and friends at school. The confidence developed from Art Your Life workshops with Katie has enabled Brooke to improve her attendance and grades at school. She is a happier more confident teenager.

Raquel comes from a needy family home near the school. Since participating in Art your life she has developed confidence and enthusiasm for school and life beyond school. Her energy levels are higher and she enjoys more positive social interactions with others.

Regards Liz

Liz Veel
Principal
Sanderson Middle School
Matthews Road | Wulagi | NT 0812
PO Box 189 | Karama | NT 0813
tel: (08) 89278899
e: liz.veel@ntschoools.net
w:

I am the mum of 2 girls who did your course at Palmerston recently.

It was very beneficial to both my girls but my 17 year old got the most out of it.

She has attempted suicide 3 times this year. The most recent time was in the fortnight before the course.

She was at rock bottom and the course gave her confidence in herself. She was on pretty heavy medication and after the course said she wanted to go off it. I was very hesitant and said not without her doctors supervision, but she went off it and hasn't taken any since. She is still a little fragile but very much improved and it is a definite result of the course she did with you.

She keeps the card with the kind words that other course participants said about her on her bedside table.

I would like to thank you for facilitating the course and the NT government for funding it. It may very well have saved at least one life.

Very much appreciated

Jane – Mother

I enrolled my two girls Lara (13) and Dana (15) in the under 15 miss A.R.T program this year. They had so much fun and came out at the end with alot more confidence and understanding of things in life that i couldn't teach them. I recommend this program to any girl of any age. Thank you for the opportunity. Need more of this program around and maybe should expand into one for the boys, if possible.

Susan – Mother

Before Miss ART, I was an emotional roller coaster. I'd have the occasional good day but more often than not, I would feel rejected and even though I accepted that I was unique and different, it would cross my mind that I was just too different. Sometimes I was borderline suicidal, I was in a dark tunnel and I couldn't see the light at the end.

After Miss Art, I became more stronger and sure of myself, I have learnt skills that I have used on a daily basis. Driving my own bus, taking control of not what happens to me but how i handle it. i know that i am not perfect but thanks to Miss ART, i can finally see an end to the tunnel and a road into the light.

Yes, Miss ART is definitely something to continue. I can't speak for everyone but what I will say is, Miss ART has built up my confidence, my self esteem, helped me to help others in need, given me the strength and motivation to continue driving my bus.

Thank you so much for founding this course Catie.

Thanks, Shiloh Dacey

Good morning Katie

I recently heard about your Miss ART program on ABC radio. I wanted to enquire as to whether you had ever thought of running a program for younger girls. I am the Wellbeing Advisor at Berry Springs Primary School and I see many girls who I know would really benefit from something like this. Already in our one on one sessions together we focus a lot on self-esteem and resilience which seem to be at the core of a lot of the issues these girls face. I think there are many primary school girls would who really benefit from a structured, group program such as the one that you are running. Having said that, there are a lot of boys who I'm sure would benefit equally. I'd love to hear your thoughts.

Kind regards

Ester Pena

Wellbeing Advisor

Berry Springs Primary School

All young women today live in an age where they are constantly pushed to be 'enough'. We are told that a 'miracle pill' will fix our weight and new clothes will instantly make us like the girls that model them. So, when hearing about this program, I was sceptical that, in a couple of days, a single program would change the way I viewed the world.

That opinion changed very quickly.

The people running Miss ART are caring, open-minded and passionate, and one of the best things about the program is when you start to realise how much you have in common to all the other girls there.

Miss ART teaches you the things that every girl needs to know, but is somehow never taught. I think many of us don't realise how clouded and distorted our view of the world is until we are challenged to look at it differently. Before doing Miss ART, I was certain that I was not good enough for anyone or anything. I didn't have much hope in the future, and 'knew' that this was probably the best my life was ever going to be, before it disintegrated in about a year or so. I constantly compared myself to my friends, and believed myself to be the ugliest, weakest and most selfish one out of them all. I felt like most of the time when I was happy, I was fake.

Doing the Miss ART program is like taking a breath of much needed fresh air. Until recently, the idea of being able to smile at what I saw in the mirror was ridiculous, let alone actually feeling confident, real and pretty damn kickass. I am so grateful for my friends now, and I love spending time with them. I felt like I had been given a second chance at life that I never knew I had.

I am now amazed by the person I am becoming.

So if you are sitting there, wondering whether or not to try out for Miss ART, please be brave and just do it. It may sound cheesy, it may sound unrealistic, it may even sound terrifying. But it is so worth it.

I loved the Miss ART program and cannot recommend it enough to all other young women."

(anonymous)

ART *Your Life*

ACTIVATE RESHAPE TRANSFORM