



Empowering our
community

123C Angove Street, North
Perth WA 6006

ABN: 11 686 588 723 |

ACN: 686 588 723
Registered Charity (NCN)
Collector Licence No:

CC 23891

The Butterfly Effect Program: Emotional Awareness & Suicide Prevention Workshop (Years 7–12)

A free, in-school initiative by HFL - Harsha Foundation Limited

Program Overview: The Butterfly Effect Program:

Emotional Awareness & Suicide Prevention Workshop is an early-intervention wellbeing initiative developed by HFL (Harsha Foundation Limited), a Perth-based registered charity supporting mental health, emotional wellbeing, and community resilience. This interactive workshop empowers young people to understand their emotions, recognise risk factors, and develop strategies to manage pressure, anxiety, and decision-making in today's world. It provides a safe space for open discussion about the challenges teens face - from online influence and peer pressure to self, relationships, and the weight of expectation. The workshop also addresses suicide awareness and prevention in a sensitive, age-appropriate manner, helping students recognise warning signs, understand the importance of seeking help, and know how to support a friend in distress.

Why This Program Matters:

Today's youth are growing up in a complex world filled with social, emotional, and financial pressures. The impact of online culture, social comparison, family instability, cost-of-living stress, and global uncertainty can leave young people feeling anxious, disconnected, or hopeless. All of this comes on top of the already confusing and emotionally intense process of adolescence itself. Teen years are a time of rapid change, in body, brain, identity, and relationships, and without the right tools for emotional regulation, young people may turn to unhealthy coping mechanisms such as withdrawal, aggression, substance use, or self-harm.



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The Butterfly Effect Program provides a safe, supportive environment to discuss these issues openly and without judgment. It helps students recognise that feelings are temporary, and that understanding emotion is the first step to managing them. Students learn to pause before reacting, to choose response over impulse, and to recognise that every choice carries a ripple effect.

They recognise choices have long-term effects, and seeking help is a sign of strength not weakness. By building awareness and empathy early, the program supports healthier decisions, stronger resilience, and reduced suicide risk across the community. Through this Workshop Students will:

- Understand the connection between thoughts, emotions, and behaviour.
- Recognise how stress, trauma, and pressure can influence decisions.
- Learn strategies to manage conflict, anger, and impulsive reactions.
- Understand peer pressure, boundaries, and safe decision-making.
- Build awareness of digital conduct, consent, and online respect.
- Explore consequences of crime, drug use, and risky behaviours.
- Discuss the emotional and life impacts of teen pregnancy.
- Understand the dangers of drink and drug driving.
- Develop empathy, resilience, and help-seeking behaviours.
- Learn how to recognise and respond to signs of distress in themselves and others.



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Workshop Topics (Approx. 90 minutes total):

1. Understanding Feelings & The 3-Second Rule
2. Bullying & The Ripple Effect
3. Online Bullying & Digital Responsibility
4. Peer Pressure & Smart Choices
5. Self-Awareness & Accountability
6. Resilience & Reaching Out
7. Building Confidence & The Power of Kindness
8. Crime, Consequences & the Lasting Impact
9. Drug & Alcohol Awareness – Choices That Change Lives
10. Teen Pregnancy & Responsibility
11. Driving, Risk & the Ripple Effect (Drink & Drug Driving)
12. Suicide Awareness & Prevention – Recognising Signs, Reaching Out, and Restoring Hope

Delivery Details:

- Duration: 75–90 minutes (one session or two-part delivery option)
- Format: Interactive presentation, discussion, and real-life examples
- Cost: Free of charge
- Location: To be Advised upon registration
- Facilitator: Qualified and screened presenter



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Learning Outcomes: Students will leave the session with:

- Greater self-awareness and emotional regulation skills.
- An understanding of the consequences of their choices.
- Knowledge of where and how to seek help for themselves or a peer.
- Stronger empathy, respect, and communication skills.
- Awareness of risk factors such as drugs, alcohol, and unsafe decisions.
- Strategies to manage peer pressure and social influence.
- Increased understanding of the importance of personal responsibility, safety, and self-worth.

At HFL, we believe that giving young people the skills to understand their emotions, manage pressure, and make conscious choices can change the course of their lives. Through The Butterfly Effect Program, we aim to equip students with the awareness and courage to create positive ripples — in their own lives, their schools, and their communities

 “Small choices create big change.”