



WAVE

FREE THE FUNK
SCHOOL PROGRAM



WHO IS ONEWAVE

OneWave is a non-profit surf community raising awareness of mental health with a simple recipe... saltwater therapy, surfing and fluro.

ONE WAVE IS ALL IT TAKES



**200+ beaches
across
50+ countries**



**Starting 1 million
conversations
about mental
health**



**25,000+ Fluro Friday
and School Program
attendees each year**

WATCH VIDEO



HOW ONEWAVE STARTED

"When I was diagnosed with bipolar in 2012, surfing with my family and my mates helped me most. Sometimes one wave is all it takes.

I want anyone experiencing mental health challenges to have the chance to ride waves and talk about mental health without being judged."

Grant Trebilco - OneWave Founder

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OUR PURPOSE

OUR WHY

Worldwide we lose someone every 40 seconds to suicide.

OUR MISSION

We believe that everyone should have the chance to ride waves and openly talk about mental health without being judged.

By 2024, we aim to positively impact the lives of 100,000 people through saltwater therapy, surfing and fluro.

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ONEWAVE PROGRAMS



FLURO FRIDAY

OneWave runs free weekly Fluro Friday sessions where the community dresses in bright fluro outfits and share waves and stories to raise awareness of mental health.



SCHOOL PROGRAM

OneWave delivers 'Free the Funk' programs in primary schools, secondary schools and universities to raise awareness of mental health. Programs can be at school or virtual.



CORPORATE PROGRAM

The OneWave 'Free the Funk' program helps start much needed conversations about mental health in the workplace. Programs can be in the office, virtual or at the beach.



WHY ARE PREVENTATIVE MENTAL HEALTH PROGRAMS SO IMPORTANT IN SCHOOLS?

Suicide is the leading cause of death for young people aged 15-24 in Australia and New Zealand.

Early intervention is critical

Research shows that more than 75% of mental health issues develop before age 25.

Preventative mental health programs

Since launching in 2016, OneWave's Free the Funk School programs have provided more than 35,000 young people with mental health knowledge and skills they can use throughout their lives.

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FREE THE FUNK SCHOOL PROGRAM

OneWave delivers 'Free the Funk' programs in primary schools, secondary schools and universities to help bring more colour and awareness to mental health.

We know early prevention, connection and conversations save lives, so we share mental health tips and tools that young people can use throughout their lives.

Location - School assembly, Classroom or Virtual.

Duration - 15 minutes, 30 minutes or one hour.

Cost - Contact grant@onewaveisallittakes.com to discuss program costs.

Book your OneWave school program at:

www.onewaveisallittakes.com/school-program

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FREE THE FUNK SCHOOL PROGRAM OUTLINE

Example format of session:

- Presentation from the OneWave team - raising awareness of mental health through saltwater therapy, surfing and fluoro.
- Learn tips and tools for taking care of your mental health and how to support your friends and family.
- Q & A

Duration:

- 15 minutes, 30 minutes or one hour.
- We can also provide 2 x 15 or 30 minute sessions for different age groups.
- Additional activities in the one hour program: students also get the chance to share their free the funk tips in the anti bad vibes circle.

Dress: Students and teachers are highly encouraged to wear fluoro to help bring colour to mental health, but this is optional.



WHAT DO STUDENTS LEARN IN THE ONEWAVE PROGRAM?

- How saltwater therapy, surfing and fluoro can help you free the funk
- Information on warning signs and symptoms of mental health challenges
- It's totally ok not to be ok and ask for help
- Information on how to get professional mental health support
- Actionable ways to proactively manage your mental health
- Tips to help you support your friends/family facing mental health challenges
- Different recipes to help 'free the funk' including how to create a supportive mental health culture in their schools and joining our free Fluoro Fridays at their local beaches



SCHOOL PROGRAM TESTIMONIALS

"Instantly, OneWave captured the full attention of the boys, who were blown away by their honesty and passion for letting the boys know that their mental health matters and it was ok to talk about it.

Since the OneWave talk, the students have felt more comfortable talking about their mental health, it has made our community stronger and we thank OneWave for their support."

School Counsellor/Phychologist, St Pauls Catholic College

"Last year, OneWave ran the most amazing session with my Year 5 and 6 students at Clovelly Public school. Asking the kids how they free the funk has created some awesome conversations around mental health.

I have recently started teaching at a Wilcannia Central School and since being out here, my Year 6 class celebrates fluoro Friday every Friday morning in our Yarning circle. It has had the most amazing impact."

Primary School Teacher, Clovelly Public School and Wilcannia Central School

WE PROVIDE FREE THE FUNK POSTERS FOR YOUR SCHOOL

FREE THE FUNK TIPS



KINDNESS

Being kind to yourself and others.
It's ok not to be ok.



TALK IT OUT

Tell at least one person how you are really feeling.



CHECK UP FROM THE NECK UP

Lets talk about going to therapy the same was we talk about going to the gym.
Head to your doctor/mental health professional to get a mental health check.



HOW DO YOU FREE THE FUNK?

Do more things that help you free the funk and work out the best free the funk recipe for you.

HOW TO SUPPORT SOMEONE IN A FUNK?



CHECK IN

How's your headspace?
How are you really?
Stoke factor from 1-10?



JUST BE THERE

You don't have to know how to fix it.
Ask if they feel like talking about it?
Listen. Give them a hug.
Ask if there is anything you can do to help?



ENCOURAGE A CHECKUP FROM NECKUP

Have you told anyone else? Have you talked to a doctor/mental health professional? If no, do you want me to come with you?



KEEP CHECKING IN

Mental health comes in waves.
When you keep on showing up for people when they need it most, it can honestly change their life.





THANK YOU!

To find out more about the
OneWave School Program contact:

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