During Visions lessons the Year 7 boys are involved in a program called ‘Strength’. This program runs for 8 sessions and is facilitated by the Year 7 teachers, with the help of trained volunteers. ‘Strength’ is a non-compulsory program, although we encourage our boys to participate. ‘Strength’ is a fun, life-equipping, values-forming course based on life principles including the belief that each young man was created with purpose, being strong, significant and full of potential. ‘Strength’ aims to positively change and impact the young men in situations they find themselves in and help them make decisions based on their beliefs instead of their feelings. Three values are emphasised: Significance, Strength and Purpose.

Each week the facilitators speak to the boys on a personal level, helping them to create positive mindsets, learn effective life skills and reinforce core values taught. Topics covered are teamwork & friendship, resilience, work/careers, anger management, relationship building with girls, respect and being party safe. Guest speakers are brought in for some sessions.

Each week involves fun games, as well as discussion times. To celebrate the growth gained during ‘Strength’ the boys and their fathers or a significant male play laser skirmish at the school on the last afternoon of the program. The Boys always choose to be on the opposite team to their fathers!!