

# SPEAK UP

## EMPOWERING THE YOUNG PEOPLE OF SNOWY MONARO



When young people develop their leadership capabilities, they are better prepared to face real world challenges, take on future leadership roles, and contribute meaningfully to the local community.



# THE PROGRAM

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Speak Up is a hands-on leadership and communication program for young people in Years 9–11 who want to build confidence, influence their community, and shape their future.

## Program Aim

Speak Up helps Year 9–11 students build practical leadership skills. Students learn how to understand themselves, work well with others, handle pressure and feedback, and communicate ideas in ways that build support and understanding from others. Participants will also explore study and career pathways and meet local and university mentors.

## Program Values

We work together with:

- **Respect:** for people, different views, and the room we share
- **Courage:** having a go, even when it feels awkward
- **Fairness:** listening thoughtfully and representing other views honestly
- **Responsibility:** owning the impact of our words and choices
- **Curiosity:** asking effective questions and checking facts
- **Care for place:** using leadership to strengthen the Snowy Monaro community
- **Effort:** practising, improving, and finishing what we start

## Participant Outcomes

Speak Up participants will:

- Understand leadership as responsibility and influence, not popularity
- Build emotional intelligence (managing emotions, pressure and conflict)
- Understand their strengths and working style, and how to use them in teams
- Learn to give and receive feedback constructively
- Research a local issue and present a balanced, well-reasoned argument
- Complete a final project in one format: a speech, an editorial, or a poster (editorials and posters will be published in The Monaro Post)
- Gain clearer insight into career and study pathways
- Take initiative and be a responsible community member
- Build resilience and confidence

# THE FINAL PROJECT

Leaders come in all shapes and sizes and can communicate their ideas in different ways. With this in mind, participants will either:

- ))) Present a 5–6 minute speech at Cooma Little Theatre
- ))) Write and present an editorial in The Monaro Post
- ))) Research, design and present a poster to be published in The Monaro Post

Family, friends, and community members are invited to your final showcase at Cooma Little Theatre on Friday, 17th April 2026!



# THINGS TO CONSIDER

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- Young people must be in years 9, 10 or 11 in 2026 to participate
- Participants must genuinely attempt to attend all six sessions
- Participants **MUST** attend the final presentation on Friday, 17th April, 2026 at Cooma Little Theatre
- Participants will work toward either:
  - Presenting a speech in front of an audience at Cooma Little Theatre; or
  - Writing an editorial to be published in The Monaro Post; or
  - Create a well researched poster to be published in the Monaro Post
- Participants are encouraged to invite friends, family and other community members to the presentation event
- Mentors will support participants to develop a well-researched, considered and structured speech, editorial or poster
- Participants will meet local leaders who will mentor them to develop their ideas – a great way to start making some local connections!

# APPLICATIONS

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Write 200 words describing a local issue that you are passionate about:

Tell us:

- what you are passionate about
- why you are passionate about this issue
- who the key people involved in the issue are

## To apply:

1. Click [HERE](#); or
2. Scan the QR code; or
3. [www.cucsnowymonaro.edu.au/speak-up-2026/](http://www.cucsnowymonaro.edu.au/speak-up-2026/)

*Apply  
online  
here*



# WHEN & WHERE

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## Program Dates

Tues, 7th April 2026

Wed, 8th April 2026

Thurs, 9th April 2026

## Time

9.30am–3.00pm

9.30am–3.00pm

9.30am–3.00pm

## Location

CUC Snowy Monaro

CUC Snowy Monaro

CUC Snowy Monaro

Tues, 14th April 2026 (optional)

Wed, 15th April 2026

Thurs, 16th April 2026

Fri, 17th April 2026

9.30am–3.00pm

9.30am–3.00pm

9.30am–3.00pm

9.30am–3.00pm

CUC Snowy Monaro

CUC Snowy Monaro

Cooma Little Theatre

Cooma Little Theatre

## Locations

CUC Snowy Monaro

38 Bombala Street

Cooma NSW 2630

Cooma Little Theatre

28 Monaro Avenue

Cooma NSW 2630

# CUC SNOWY MONARO

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## CUC Snowy Monaro will:

- Provide a safe and welcoming space to young people from the Snowy Monaro Region who are seeking to develop their leadership skills
- Provide resources to support leadership and communication skills
- Support research into local issues via access to local community leaders
- Provide university and other course advice as requested
- Familiarise participants with CUCSM facilities and support them to feel comfortable studying at the Centre
- Provide a safe, supportive, fully supervised environment
- Provide fast WIFI
- Provide great snacks and lunches!

# INFORMATION

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## Program Communication

The CUCSM team will communicate general information with program participants via the CUC Snowy Monaro email and social media platforms.

The facilitators will not 'friend' or connect with young people on social media or personal communication methods. Appropriate channels for communication will be provided by CUC Snowy Monaro, University of Canberra or the mentors professional organisations.

### CUC Snowy Monaro Contact

Nadine Holland  
Centre Manager  
0437 344 620  
[cucsnowymonaro.edu.au](http://cucsnowymonaro.edu.au)



[cucsnowymonaro](https://www.facebook.com/cucsnowymonaro)



[cucsnowymonaro](https://www.instagram.com/cucsnowymonaro)

### University of Canberra Contact

Laurie Poretti  
Manager, Student Equity and Participation  
[laurie.poretti@canberra.edu.au](mailto:laurie.poretti@canberra.edu.au)  
[canberra.edu.au/about-uc/widening-participation](http://canberra.edu.au/about-uc/widening-participation)

CUC Snowy Monaro is supported by:



Australian Government  
Department of Education



# YOUNG PARTICIPANT'S AGREEMENT

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Please read carefully the Speak Up Young Participant's Agreement.

- Purpose:
  - CUC Snowy Monaro (CUCSM) is committed to providing a safe environment and ensuring that young people can experience the fundamental right to be protected from all forms of child abuse. Furthermore, CUCSM is committed to ensuring legislative requirements of child protection are fulfilled in line with the following:
    - New South Wales:
      - Child Protection (Working with Children) Act 2012
      - Children and Young Persons (Care and Protection) Act 1998
      - Crimes Act 1900
- Program Requirements:
  - In order to receive a Certificate of Completion, Speak Up participants must attend at least 5 out of 6 days. **Participants MUST attend the final presentation event on Friday, 17th April 2026.**
- CUCSM Centre Policy:
  - Space will be set up for Speak Up participants to use and, unless advised by a CUCSM team member, this space will be the only study space available to participants.
  - Speak Up participants must use the internet appropriately and for reasons associated with program activities or study only.
  - Speak Up participants must be respectful to CUCSM team members, other adult mentors, other participants as well as other students using the Centre for other higher education study.
  - CUCSM team members may ask to take photos of Speak Up participants to use in funding and governance reports, social and print media as well as other purposes. Written consent from parents and guardians is required before photos are taken and used by CUCSM (see next page).
- Inappropriate, offensive, unsociable and deliberately disruptive behaviour will not be tolerated and may result in the Speak Up participant being asked to leave.
  - Students are responsible for cleaning up any mess they make.
  - Students and parents/guardians are responsible for ensuring students' health and safety during their travel and participation.
  - Any concerns about bullying, harassment, or unsafe situations must be reported to CUCSM staff immediately.

# MEDIA CONSENT

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I give my consent to photographing and video recordings, containing images of me obtained by Country Universities Centre Snowy Monaro (CUCSM) being used by CUCSM free of charge for the following purposes:

- Use in CUCSM publications and presentations;
- Use in CUCSM website and social networking sites;
- Use in media including: newspaper/magazine/television/radio/film;
- Use in research and evaluation.

I understand that images may be published by CUCSM and while I can withdraw my consent for the use of the images/videos in further publications at any time, I understand and agree that images that have already been published could be viewed in the future and that CUCSM may be unable to prevent this from occurring.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Mobile: \_\_\_\_\_

Signature: \_\_\_\_\_

Date:    /    /

If you are under the age of 18, you will need to have your parent or guardian sign this document.

## **Young Person's Parent/Guardian's Consent**

I hereby declare that I have legal responsibility for the young person who has signed above and agree to the terms outlined.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Mobile: \_\_\_\_\_

Signature: \_\_\_\_\_

Date:    /    /