

## Health and Wellbeing Centre showing major benefits for boys

Six years ago, Christ Church Grammar School made a bold move and created the Wynne Centre for Boys' Health and Wellbeing.

Director of the Centre, Liam Casson says the focus has been on current challenges facing our teens and creating the foundation so that boys will make informed decisions regarding their health and wellbeing.

"Since the Centre started in 2015, we have been collaborating with Echo Research and conducting a longitudinal study to gain a deeper understanding of the issues confronting youth".

"This data has allowed the School to implement numerous initiatives that have been targeted to help the boys, parents and the entire community. Initiatives include a range of guest speakers who address the areas in the research indicating the need for attention – these include mental illness, resilience and anxiety.

"Although we are seeing the stabilising and improvement in areas, we are under no illusion that we have to stay vigilant if we are to genuinely make a positive improvement with our young people".

Visit the School's Building Good Men Hub [here](#) for more information on a range of subjects.

If you are seeking support visit Beyond Blue [here](#)

For further information:

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