



# FAQ's

## What is the LightsOut Program?

LightsOut is an evidence-based Grief Education Program. Its main aim is to build resilience tools for individuals when they face grief or when supporting others facing grief.

## How does the Program work?

As an eLearning platform, individuals access a self-led life skills course. An individual personal Toolkit is developed after completing the Program's 10 modules. The skills and knowledge attained are linked to evidence-based resources for better understanding of death, grief, and selfcare - with content also informed by Lived Experience.

## What is the Program's overall Outcome?

An increase in death literacy and resilience when facing grief.

## Who can access the Program online?

Anyone 16 years or older can access the personal eLearning platform.

## Does the Program cost anything?

The Program can be accessed with a one off individual payment of \$29.95 (AUD).

This fee helps maintain the platform and ensures its security.

Schools can purchase the Teachers Guide for \$250, with the Program discounted to \$15 per student.

## What will I learn doing LightsOut?

LightsOut focuses on grief as a learnt skill which can be passed on to others. The 10 Modules are interactive and informed by Lived Experience, encouraging participants to build a life skills Toolkit. Activities and information empower and enable individuals to increase their understanding of what healthy grieving looks like as well as learning about mindfulness, empathy and caring for self. The course also includes teaching skills to support others who are grieving.



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## **Who can deliver the Lesson Plans in schools? What expertise is required?**

Teachers facilitate the LightsOut Program utilising lesson plans designed to enhance the modules. Training for teachers/facilitators is also available.

## **Do the Program's learning outcomes link with school curriculum?**

The Program:

- aligns with the Australian (thus States) Curriculum Learning Standards increasing confidence and independence, knowledge and understanding, skills and strategies, while considering prior and emerging experience and critical reflection.
- aligns with Public Health Strategies that empower and enable individuals to take charge of their health (Ottawa Charter 1986).

## **Will the content create unhelpful emotional reactions?**

The content covered in LightsOut has life learning themes about death and grief. The course is not therapeutic and uses standard resilience tools found in the public arena, therefore building emotional robustness and mind-strength. The Program further supports self-discovery within this important topic. Help resources are available throughout the course.

## **How do we know the Program works?**

The Program increases death literacy and provides an opportunity for individuals to develop essential tools needed in navigating grief, supporting others grieving, and overall resilience.

Extensive time and in-depth research have been taken to create the content and this is combined with a powerful Lived Experience of a young person.

The Program compliments and expands on any existing knowledge and skills, regardless of the extent of personal death and grief experience or awareness. The modules are interesting and engaging and prompt critical thinking around social norms, and a deeper self-awareness.

**For more information, visit**  
**[www.lightsout.app](http://www.lightsout.app)**