

# SEAT (Sit, Eat and Talk)

The 2018 SEAT (Sit, Eat & Talk) mentoring initiative regularly connected 20 Grade 6 students at Mooroopna Primary School with 14 volunteers during a lunchtime meal. The participants shared stories and completed activities that prompted them to talk about their job and careers. The project was supported by 15 Berry Street School students and nine Lighthouse staff prepared healthy lunches.

## Aims of SEAT

To expose young people to positive role models

To increase student knowledge of jobs and build their career aspiration

To expose students to new and healthy food

## Results

\*Diverse range of role models engaged at each session

94.4% of students stated they knew more about the jobs they could do in the future after participating in SEAT

94.4% of students stated that they liked trying new foods each week

On average each week 72% of students indicated that they tried a new food that session, with most giving it a 'thumbs up'

## Principles



Deep listening, community-led responses.



Social connection.



Equity, access, inclusion, belonging, trust and respect.



Innovative ways of working.



It was good because I could ask them about their job

I look forward to it each week because if you forget your lunch, they have it

They care more about others than themselves

They help you figure out what you want to do in your grown-up life

