THE ROCK AND WATER-PROGRAM
Social Competency Training

Safety
Integrity
Connectedness

Psycho-physical training for boys as well as girls
For primary and secondary education, youth support programs and juvenile detention centres

Developed by Freerk Ykema
Gadaku Institute/Rock & Water NL

www.rockandwaterprogram.uk
How do we teach boys to apply their energy in a positive way?

How can we increase self-respect and respect for others in both boys and girls?

The Rock & Water-program is aimed at raising self-awareness of personal strengths and abilities and at learning how to play, work and live together with others in a changing, multicultural society.

Scientifically proven effectiveness

The Rock & Water-program is a scientifically proven effective teaching method. This fact is important as the Government and insurance companies increasingly demand that they only work with programs that qualify to this standard. Research conducted by the Trimbos Institute in collaboration with the Rutgers Foundation shows that Rock & Water leads to more self-confidence, more self-control and less sexually unacceptable behaviour. Other research (see website) shows that Rock & Water prevents bullying behaviour and/or effectively addresses this, that teacher-pupil relationships are positively strengthened, that teachers are extremely positive about the training, that it strengthens the social-emotional development of children, and that learning outcomes are beneficial. Children that feel safe can play, work, and learn together!

The safe Rock & Water-school

Safety is a basic requirement for human growth and development: those who feel safe will approach others to play together and spend time together, and try to demonstrate their best qualities. Mental and physical growth will flourish in a safe and loving environment. On the other hand, those who feel insecure will create walls around themselves and develop self-centred behaviour. Research has shown that feelings of insecurity have a negative impact on physical, mental and social-emotional development and can even cause learning delays and disabilities. Safety is thus a fundamental basic need that applies to every person.

Fundamental problems demand preventive actions

The UK is increasingly being shocked by various forms of violence: bullying at school, bullying in the workplace, violence at and around the sports fields, senseless violence in nightlife, sexual violence in the family and in relationships, antisocial behaviour in traffic, violence against police and aid workers. How can these problems be addressed? Heavier penalties do not seem to work, stricter regulations fail to address the cause, and tougher actions cause violence to escalate. It is therefore extremely important to start back at the very beginning with a very simple assumption, namely: "Bullies are not born as bullies"!

The same also applies to vandals, rapists and violent offenders. So therefore we need to focus on parents and parenting, schools and education, on neighbourhoods and the community, and on social relationships. That is where mistakes are being made and where problems originate, and so that is also where the above mentioned problems need to be addressed. It is therefore a matter of taking preventative actions and measures; and it is exactly in all of those places that the Rock & Water program is commonly being taught because of its profound, influential and pre-emptive effects.

Rock & Water training for all children

More and more parents are experiencing problems in raising their children and/or don’t have time to spend time with their children. Schools are increasingly becoming information institutions where teachers are under tremendous growing pressure to perform, while students with specific developmental problems are included in regular schooling. Physical education, the domain where children can develop self-awareness and social skills in a fun way, and where the foundations for good cognitive development are laid, receives less and less emphasis in curricula. Schools are also getting increasingly larger, playgrounds are getting smaller and school programs are getting lengthier. Therefore it is important to support students from as early as grades 1 and 2 in primary schools and in ongoing education in the development of their personal and social skills by running Rock & Water-training courses: every student, every year, for as long as they attend school. This is where the foundations for our future society are laid.
and every child at school, on the sports field, in the workplace and at home and to social relationships in general. Where safety and security are missing, violence will result!

Hence the need to create safe Rock & Water-schools and hence the fundamental starting point for the Rock & Water program; to provide each child with their best powers, and to learn those social skills that the child needs to feel safe within their surroundings so as to be able to grow and develop as a human being. With consideration and sensitivity for cultural differences Rock & Water can and is therefore being introduced globally.

**Rock & Water-school accreditation status**

Schools earn this status once all of their teachers have acquired a Rock & Water-Training Certificate, when all students get training every year and the Program has been integrated as part of the curriculum.

**Social competency training**

The Rock & Water program can be considered as being a resilience training program, but one that stands out from other programs by its multi focused objective and broader educational perspective within which resilience education plays a substantial natural role. In fact a one-sided emphasis on resilience development creates feelings of defensive ‘enemy thin-king’, rather than feelings of safety and connectedness. Social competency training means that young people learn to work together, play together, and live together. People need to learn how to create independence (Rock) and make personal choices, but also learn how to cooperate with others in play and in life (Water). Depending on the situation, using a Rock or Water attitude should be selected. This choice is not always easy but it is easier if you are well centred and well grounded.

**Psycho-physical didactic**

The program employs psycho-physical didactics which means it emanates from a physical focus with a lot of physical exercise, and in this way mental and social skills are created and acquired. The program is therefore very physical, a lot of fun for everyone, and is supported by short group discussions with room for self-reflection and completion of short tests. This angle has been chosen for boys because they are primarily physical in this world. They possess huge doses of energy that leads, and sometimes forces them, into physical activity. In addition, it is also known that boys, more so than girls, have trouble with articulation of their thoughts, feelings and emotions. A psycho-physical didactic approach kills two birds with one stone. Boys are taught to control and focus their energies and at the same time. More verbally-oriented communication skills are also learnt through physical forms of communication. Girls also experience that they have strengths and energies and that they can take effective action in stressful or threatening situations.

**Building blocks and objectives**

The building blocks of the Rock & Water program are self-control, self-reflection and self-confidence. By building on this foundation it is possible to focus on safety, assertiveness, communication and finding a personal pathway (inner compass) that connects with others and provides direction (solidarity and spirituality).

Inner compass means that every person has different qualities and that these qualities manifest themselves in the psyche as forces that attempt to achieve these qualities. This empowerment gives a deep sense of strength, joy and meaningfulness. This is an especially important concept for young people who are facing important choices. An answer to questions about sense and direction depends above all on an awareness of one’s own qualities and wishes.

**Four red threads**

Listed subjects are connected to each other by four red threads running through the Program:

1. Learning to be **grounded** (standing strong and relaxed), **centred** (abdominal breathing) and **concentrated** (controlling attention/focus).
How do we support boys and girls in their development of self-esteem?

How do we help boys and girls to develop their social skills?

2. Development of the psycho-physical triangle: body, emotional and self-awareness. Emotions manifest themselves physically as muscle tension. Being more aware of our bodies can lead to more insight and experience with one’s own physical reaction patterns, which then provides an opportunity to significantly increase emotional- and self-awareness and therefore also self-control skills.

3. Development of physical communication methods as a basis for other more verbally oriented forms of communication.

4. The Rock & Water-concept. The tough, unrelenting Rock-versus the dynamic bonding Water attitude. This concept can be developed and applied on different levels: on the physical level and on mental and social levels. On a physical level this means that an attack can be met by tough contracted muscles (Rock) but it is often more effectively dealt with by a flexible matching of the energies of the attacker (Water aspect).

Within a conversation one can choose for a tough uncompro- mising Rock approach or for a more communicative Water approach. In relationships a choice can also be made between a Rock or a Water attitude (‘I’m sticking to my own guns’ or ‘we are in this together’). ‘Rock’ can also mean that, depending on the circumstances, you can stick to your principles. On a spiritual level the conflicts between Rock and Water eventually resolve. Here, insight develops as one recognises that both pathways to self-realisation are required and that people are connected by their innermost being and all share a common road.

Implementation in education

The Basic Rock & Water Program is suited to primary education and the ongoing- and higher education system (Basic and Follow-up Program).

It has a positive influence on the way students interact with each other but also on student-teacher relationships which often change for the better. Implementation of the program makes a strong contribution to positive thinking and establishment of a pedagogical-didactical concept that leads the way for everyday classroom practices. Having a love for working with young people is an indispensable factor in this. It is possible to continue to work with the Program for several years in a row. Because of the Program’s highly physical character, mostly (initially) physical education teachers and student supervisors are best suited to implementing the full curriculum (school classes, specific target groups and individually). However, it is highly recommended that the entire school team undertakes (partial) training or becomes well informed about it through a Program presentation in order to create general support for it (see EDIT-training).

Rock & Water for girls also

Rock & Water was developed as a gender specific program designed especially for boys. However, experience has proven that girls get at least as much benefit and fun from the program as boys. However, boys and girls undergo different socialisation processes. They are clearly different from each other in a number of ways, and therefore have a different developmental pathway to follow and are therefore faced with different developmental tasks. To develop self-knowledge and understanding and respect for others, boys follow a more physical-emotional developmental path: action, challenge, games, activity and doing are crucial factors for them.

Girls tend more towards a verbal-emotional developmental path: feelings and emotions are more commonly shared verbally with each other. Keywords here are the capacity for reflection, analysis and verbalisation of feelings. However, both developmental pathways are necessary for both boys and girls in general human development. Sometimes both boys and girls need and have the right to education and guidance that respects existing differences. It goes without saying that for the above reasons the Rock & Water Program works best when at least in part of the Program, boys and girls are taught in separate groups. See the two-day ‘Focus on girls’ Rock & Water-training.
Three-day Rock & Water
Basic Training

A complete Rock & Water course includes three consecutive days, 24 hours of contact time and an estimated 40 hours of study. All of the Program's exercises and games are included as part of the training. All courses are organised by, or take place under the auspices of, the Rock & Water Institute NL and are presented by experienced R&W specialised instructors. The permanent location for training in the Netherlands is the Sports Centre Oudenrijn at Vleuten/De Meern (Utrecht). In addition, Rock & Water courses are also offered in other locations in the Netherlands. There are no entry criteria for participation in the course. Participants come from the education system (student supervisors, physical education teachers etc.), youth services, youth detention centres, and gyms or are already qualified as resilience teachers. Cost of the three-day course is: £ 490,- (including both of the Rock & Water text books, the DVD, coffee/tea and lunch during the entire course and a Rock & Water satchel). Information and registration can be found via the Gadaku Institute/ Rock & Water NL and/or on the website: www.rockandwaterprogram.uk

Two-day Rock & Water
Primary School – across the school

This training is a follow up course for already R&W certified teachers working in primary schools. It is supported by a special sessions handbook with colour photos and dozens of pre-written sessions with specific objectives and lessons for every age group. Supported by this handbook and training, any primary school can now run a structured and smoothly run Rock & Water-learning program starting from groups 1/2 and right up to groups 7/8. R&W basic school training costs £ 310,- which includes the primary school sessions handbook.

Two-day R&W-training
‘Focus on girls’

Girls are also faced with specific developmental challenges and girls must also find their own way in a world that expects much from them. Themes in this training include inner strength and appearance, self-confidence, learning to make their own personal choices, taking action in threatening situations, and learning self-defence. Training costs are £ 310,- which includes the book ‘Focus on girls and women’, the R&W starters book, coffee/tea and lunches.

Two-day R&W-training and autism spectrum-disorders

Years of experience of working with children and adults with autism spectrum disorders (ASD) has led to the development of a specialised two-day training course and writing of the book rightly named 'Rock & Water and autism-spectrum disorders’. In this book, the general call for help from children with ASD is formulated as follows: “Help me to find consistency in what is for me often a chaotic and unpredictable world so that I can learn more about myself and about the world to cope better with it”.

The development of the psycho-physical triangle (body-emotional and self-awareness) as the foundation for starting awareness of one’s own qualities and capabilities, and the development of social skills also stands central in this training course. The cost of this training course totals £ 310,- (including textbook and coffee/tea and lunches on both days). To ensure optimal understanding of these two-days of training, it is advised to complete the three-day Basic Rock & Water Program first.

In-house training

It is becoming increasingly common for a school or organisation to opt for on-site training. The advantage of this is cost savings on travel and accommodation expenses. In addition, specific
local questions and problems can be addressed. In-house training for an organisation/school results in financial benefits at 18 participants or more.

One-day Introductory Training (EDIT)

The Gadaku Institute/Rock & Water NL also offers one-day introductory training for school teams and organisations. This training is facilitated by especially trained and accredited, advanced Rock & Water-trainers. The EDIT course is designed to introduce teams to the methodology and objectives of the Rock & Water Program. It is also the fastest way of introducing the Rock & Water Program throughout the school, and to provide support to already functioning Rock & Water trainers at the school/organisation. The content of the EDIT course is described in the Rock & Water Practice Handbook for Starters. Costs of the EDIT course are: £ 1030,- for teams of a maximum of 30 participants. This includes 15 Rock & Water Practice Handbooks for Starters (£ 17,50 each) and 2 Rock & Water DVDs (£ 40,- each).

Advanced training

During advanced training teachers are instructed in how to present the one-day Introduction Training (EDIT) course to teams. This EDIT course limits itself to the core principles of the Rock & Water Basic Program. The contents of this course have been prepared and published in the Rock & Water Practice Handbook for Starters. A trainer’s guide has also been developed: ‘Script for your One Day Seminar’, to tell trainers exactly how and what to teach. Advanced trainers have the right to teach the EDIT course to teams at their own school or organisation. Advanced trainers do not have the right to independently offer the EDIT course to other schools or organisations. This can only be done under the auspices of the Rock & Water Institute. Costs of participation in the Advanced Training Course are: £ 550,- Entry requirements: at least 1 year of extensive experience with the Rock & Water Program and participation in at least one of the two Rock & Water two-day specialised training courses.

Refresher/in-depth study days and themed days

Every year refresher/in-depth study days are held in Utrecht and Groningen. In addition, specific theme days are also held each year. In 2015 these are: a two-day training course ‘R&W Working with Psychosocial Trauma’ and a one-day ‘R&W special education’ course. The 2015 two-day ‘Rock & Water Working with Psychosocial Trauma’ course covers grief, loss, and sexual violence and the other R&W theme day for 2015 covers ‘Special Education’.

Rock & Water-training for classes, communities, neighbourhoods and individual training

It is also possible to hire expert, qualified Rock & Water trainers to facilitate training for a class or special target group. All accredited trainers are registered in the Rock & Water database of the Gadaku Institute. Experienced Rock & Water trainers advertise on the www.rockandwaterprogram.uk website (see Home page-course catalogue Rock & Water-Trainers). A basic training course will take an average of about 8 to 10 sessions, depending on the ages and target groups involved and these are followed by a course evaluation. Depending on its findings, decisions can be made about any follow-up training. To get the best outcomes, good levels of cooperation with the teaching team is essential. Working with external experts can provide a possible stepping stone to a more integrated program implementation in which teachers themselves will also receive refreshers via the official three-day Rock & Water-training course.

Rock & Water for care providers and mental healthcare services

In recent years, more and more aid workers, nurses, social workers etc. have learnt how to implement the strength and simplicity of the Program in caring for and supervising their clients and patients.
Participants are motivated to follow the Program, an obvious group cohesion develops, and their skills in being able to deal with difficult situations are strongly enhanced. Several studies reflect a very positive development in self-confidence, self-control and more effective coping strategies.

The Rock & Water Institute (Netherlands) and the Gadaku Institute (outside of the Netherlands)

Both Institutes have been founded by Freerk Ykema to distribute the Rock & Water-Program and to facilitate the production and distribution of supporting course materials. In 2003, both Institutes merged under the name of the GADAKU INSTITUTE. The name Gadaku comes from the language spoken by an Aboriginal community in Arnhem land/Australia, namely ‘datiwuy’ which means: ‘boy who is on the way to becoming a man, adulthood’. In other countries, the Gadaku Institute works with various educational institutions on the objective of fully integrating the program into education systems, youth services and youth detention programs.

International developments and collaborations

In recent years in the Netherlands and beyond a large network has developed of Rock & Water trainers working in youth services, youth detention, and mental health. Germany, the Netherlands, Belgium, UK, Australia, New Zealand, Indonesia, Taiwan and the UNITED STATES now have more than 50,000 qualified trainers. Every year, this figure increases by 4,500. Information is exchanged through national e-mail groups and refresher courses are arranged every year. In addition every other year there is a national Rock & Water-Conference in the Netherlands and in Australia.

Who is Freerk Ykema?

Freerk Ykema has 25 years of experience in education as physical education teacher, remedial teacher and student counsellor. He is the author of the Rock & Water Program and Founder and Director of the Gadaku Institute/ Rock & Water NL.

Session materials

All publications and DVD’s are also available in English from the Gadaku Institute/Rock&Water NL.

The Rock & Water Three-day training manual

This three-day training manual contains fourteen detailed sessions and teaching materials, with numerous instructional photos and lesson plans. ISBN 9789088505003, 216 pgs., 10th edition, A4-size, SWP Publishing, price: £ 24,50

The Dutch version is available from book stores and from the Gadaku Institute/Rock&Water NL. The three-day training manual has been translated into English, German, French, Chinese (Mandarin) and Indonesian (Bahasa). All of the translated versions are only available from the Gadaku Institute/Rock&Water NL.

The Theory text book: The Rock & Water Perspective


Rock & Water Primary school – School-wide (4 – 11 years)

This fully coloured, bound text book contains dozens of written lesson plans, supported by colour photos, learning objectives, organisation, learning outcomes, plus various games. It is a very valuable tool for every trainer working in primary schools. This text forms part of the training course and cannot be ordered separately. Price: £ 45,-

Rock & Water and autism-spectrum disorders

This text forms part of the likewise named two-day training course and contains the latest information with action plans, exercises etc. The book is part of this training course and cannot be ordered separately. Price: £ 30,-
**Rock & Water Focus on girls and women**

This text contains the complete series of lessons, including photos, summaries and reflective questions. The text forms part of the related training course and cannot be ordered separately. Price: £ 17,50

**Rock & Water Social Competency Training - Practical Handbook for Starters**

This text contains the contents of the one-day Introduction Training (EDIT) course in which the basic concepts and skills of the Rock & Water Program are included. It forms an integral part of this training and can therefore not be ordered separately. Price: £ 17,50

**Bringing it Together - 22 case studies of Rock & Water in various settings**

Rock & Water is an evidence based program. It has been tested in different countries and in very different pedagogical settings. This text is a must-read for anyone who is interested in impact research. Order from the Gadaku Institute. Price: £ 25,-

**Rock & Water - punching pads and hand pads with logo**

In the Netherlands the punching pads and hand pads with Rock & Water logo are made by Aiki-Budo. Order from: www.aiki-budo.nl

**Rock & Water DVD**

Dutch and English versions are available. The DVD contains two videos:
- Video - Rock & Water basic exercises that include the most important fundamental physical activities. Duration: 23 minutes.
- Video - Action and Reaction this video includes 5 different scenarios covering the subjects of bullying, violence and sexuality. Duration: 17 minutes.

Price: £ 40,- Order from the Gadaku Institute/Rock & Water NL.

**Rock & Water - posters**

18 great posters each depicting a topic from the Rock & Water Program. These provide visual support for the learning process and for the development of school-wide consensus about expected values and behaviour. All posters can be viewed at: www.rockandwaterprogram.uk

**Rock & Water – stress balls**

This is a key ring with a little R&W-stress ball attached to aid the learning and transfer process. Price: £ 1,30 each. Minimum order of 20 pieces.

**Complaints process**

Any complaints should be communicated in writing to the Gadaku Institute/Rock & Water NL.

**For training, information and for ordering of course materials:**

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South Australia, Victoria and Northern Territory
Master instructor Tim Brenton
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New South Wales, ACT, Tasmania
Master instructor Brian Hayes
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