



## BE A VOLUNTEER

# Help build our fathering community

More effective fathers and father figures means a generation of kids with happier, healthier futures. The Fathering Project aims to inspire and equip fathers and father figures to positively engage with the children in their lives – for the benefit of the kids, and families. You can help us achieve this.

As a research rich organisation, we know that father figures have a significant impact on the social, cognitive, emotional and physical wellbeing of children from infancy to adolescence, and with lasting influences into their adult life. That's why we are focused on nurturing, enhancing and building educational tools to strengthen the critical relationship between father figures and kids.

## What we do with passion

Engaging fathers through schools is a key part of what we do. We work in two ways with staff and fathers - Dads Groups made up of the father figures in each school, and Family Partnerships working directly with principals and educators supporting them to build a community of positively engaged families.

We know that Dads benefit tremendously from involvement in a Dads Group, and so do their children.

### Data from dads in Dads Groups across Australia identified that:

- 98% of dads reported feeling more connected to other dads
- 82% of dads had more awareness of their impact on their child
- 75% of dads became more engaged in conversation with their children
- 68% of dads reported spending more time with their child as a result

A photograph of a man and a young boy sitting together. The man is holding a tablet computer, and the boy is looking at the screen with interest. They are both smiling, suggesting a positive interaction.

Building a supportive community through Dads Groups

Dads Groups provide a safe, connected and positive environment where fathers and father figures can gather, share, and learn with each other, and with their kids. To build and sustain these groups we rely on Dads Group Leaders and engaged educators at each school. Our volunteers help us by working with these leaders offering support in the form of presentations or mentorship.

## Why Volunteer with The Fathering Project?

Volunteers are extremely important to The Fathering Project, we need people like you to help make a difference in the fathering communities where you live by supporting dads and father figures with children in early learning, primary and secondary school stages. It's a chance for you to have an impact on the wellbeing of children, and that of the wider community.

## Benefits of Volunteering with The Fathering Project!

- Build your local community
- Help fathers become more engaged and effective
- Meet fathers from all walks of life
- Improve your life satisfaction and wellbeing
- Keep mentally engaged
- Share your life experiences and use your skills
- Grow others
- Give back locally

## What's involved in being a volunteer?


It's easy to get involved, we've got two key roles which directly benefit your local community.

### Presenter

Everything we do is backed by research so as a content rich organisation we have help from engaging presenters to share this information, working to involve and inspire dads and father figures. As a presenter you'll be trained on how to facilitate and deliver great content.

### Mentor

The role of a mentor is easy. It's about supporting the implementation of our Dads Group initiative by building a productive relationship with Dads Groups in your local area. You'll provide support, guidance and assistance to the Dads Group Leaders through regular and ongoing dialogue. Each role involves induction and training to get you comfortable, along with ongoing support and communication. Importantly, protecting the safety and wellbeing of children is paramount so we require our volunteers to complete a working with children safety check as part of joining up.



"I believe that through my own experiences I may be able to support other men in becoming great father figures" TFP Volunteer, 2020

### Become a Volunteer- find out more

Expressing your interest is easy, you can do it online at [www.thefatheringproject.org/support-us/volunteer](http://www.thefatheringproject.org/support-us/volunteer)

To find out more, give us a call on 1300 FATHERS or email [admin@thefatheringproject.org](mailto:admin@thefatheringproject.org)  
We can't wait to meet you!