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ROCK AND WATER PROGRAM BUILDS CONFIDENCE, RESPECT AND RESILIENCE IN YOUNG PEOPLE

Schools and community organisations across Australia are turning to the internationally recognised Rock and Water program to help young people develop vital life skills such as self-confidence, respectful communication, and emotional resilience.

Developed by Dutch educationalist **Freerk Ykema** and implemented in Australia by Master Instructor Brian Hayes, Rock and Water is a practical, evidence-based program that uses physical exercises to teach mental and social skills. Through movement, role play, and reflection, participants learn how to stand strong like a “rock” when setting boundaries and how to flow like “water” when cooperation and flexibility are needed.

The program addresses common challenges facing children and young people, including bullying, conflict resolution, peer pressure, and self-regulation. By engaging both body and mind, Rock and Water provides students with tools to navigate relationships, make positive choices, and respond calmly to stressful situations.

“Rock and Water empowers young people to understand their own strength, respect themselves and others, and make thoughtful decisions in everyday life,” said Brian Hayes. “It’s not just about managing conflict, it’s about building a foundation for confidence, resilience and connection.”

Already delivered in thousands of schools worldwide, Rock and Water is adaptable for all age groups and learning environments, from primary schools to high schools, and a variety of non-government organisations. The program’s success is underpinned by research evidence showing improvements in self-control, wellbeing and peer relationships.

By blending physical activity with personal reflection, Rock and Water engages students in a way that feels relevant, active and empowering. The balance of “rock” and “water” attitudes gives young people a simple yet powerful framework to approach challenges and strengthen their sense of identity.

Schools, educators and community groups interested in learning more about implementing Rock and Water can access training, resources and program information via the official Rock and Water Australia network.

For further information and media opportunities, please contact:

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