

Secret Agent Society:

Solving the mystery of emotions and social encounters

Information sheet



What is the Secret Agent Society?

The Secret Agent Society (SAS) small group program helps children aged 8 to 12 years old to crack the code of emotions and friendships through an animated 'secret agent' theme.

The award-winning, evidence-based program prepares children for life's social and emotional challenges in a fun and effective way. The espionage-themed program engages children's social and emotional development through gamified learning, skill generalisation, reward systems, and interactive clinician-led sessions.

Beginning as 'Cadets', children join regular Club Meetings guided by professionally-trained SAS Facilitators. A sophisticated and specially-designed online platform connects Cadets, their adult support network and their SAS Facilitator in a digitally-enabled wraparound approach.

At the end of the program, children graduate as 'Secret Agents' having learnt and practised codes and tools that focus on four key life skills:

- Emotion recognition (in self and others)
- Emotion regulation (particularly anxiety and anger)
- Social problem solving
- Social skills (for friendship and teamwork)





What does the research say?

Multiple university and community trials including four randomised controlled trials have shown SAS to be effective in improving children's emotion regulation and social skills when delivered in clinic, school and telehealth contexts.

What does the program cover?

- Recognising emotions in themselves and others
- Expressing their feelings in respectful and helpful ways
- Coping with feelings of anger and anxiety
- Communicating and playing with others
- Coping with mistakes, transitions and challenges
- Building and maintaining friendships
- Solving social problems
- Preventing and managing bullying and teasing
- Acknowledging their personal strengths

Who is eligible for the program?

While SAS was first developed for children aged 8-12 years, the evidence base has expanded over time to demonstrate meaningful change for children with a range of diagnostic and neurodiverse profiles.

At CliniKids, the SAS small group program is delivered to children aged between **8 to 10 years**.

Who can deliver the SAS small group program?

Allied health, education and disability professionals typically deliver the SAS program. Professionals learn to deliver the program aligned with evidence-based and clinical best practice in a formal SAS Facilitator Training Course.

At CliniKids, SAS is delivered by experienced clinicians via telehealth or face-to-face in our clinics.

How can I get involved?

CliniKids is currently taking enquiries from families who would like more information about the SAS small group program. If you would like to register your interest or access further information, please contact us:

clinkids.reception@thekids.org.au | (08) 6319 1133