BULLSBROOK COLLEGE
LESCHENAULTIA NEWSLETTER

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From the Principal

Friday, 16 March, 2018 is the

National Day of Action Against Bullying and Violence

There are lots of activities in our school today and next week to promote student and community understanding of ways to overcome bullying behaviour.

WEBINAR FOR YEARS 4 TO 6 STUDENTS AT BULLSBROOK COLLEGE

A highlight of our activities is taking place on Friday 16.3.18. We are participating in a webinar organised by the Office of the eSafety Commissioner titled "*Imagine a Future Free from Cyberbullying*".

The aims of the webinar include assisting students to:

- Identify how the actions of bystanders, friends and family can prevent and/or stop online bullying and harassment
- Consider strategies for managing the changing nature of relationships including dealing with cyberbullying and building online friendships
- Propose ways to share information about local services young people can access for help with cyber-bullying issues.

"**Cyberbullying** *is the use of technology to bully a person or group with the intent to hurt them socially, psychologically or even physically.*"

RESOURCES TO SUPPORT PARENTS

Addressing bullying, bullies and the impact of bullying behaviour upon those who are the targets of bullies is the responsibility of the whole community – families, schools and workplaces.

The internet is a source of excellent resources for us all.

On the website **www.bullyingnoway.gov.au** there are some really helpful definitions, apps and strategies.

FOR KIDS UNDER 8 – The Allen Adventure can be downloaded as an app or viewed with your child on screen as you talk with them about each event presented in the video clip.

Teaching our children social skills such as taking turns, sharing, disagreeing agreeably, playing by the rules and being kind to each other goes a long way to addressing conflicts often mistaken for bullying.

The National Definition of Bullying is "*an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online and it can be hidden or it can be obvious.*

Bullying of any form or for any reason can have long term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying."

OFFICE OF eSAFETY COMMISSIONER

The website for the Office of the eSafety Commissioner is www.esafety.gov.au

Do you monitor your child's use of electronic devices and social media?

Are you feeling a little overwhelmed by it all as a busy parent?

This website has *iParent* which includes information such as:
"7 ways parents can manage web connected devices in the home"
"Parental controls for tablets"
"Games & parental controls"

There is also a link for submitting complaints about online content that is offensive or illegal.

Talk about it, report it, support each other to stop it!!!

CALL KIDS HELPLINE

If you are aged between 5 and 25, Kids Helpline provides free and confidential online and phone counselling 24 hours a day, seven days a week on 1800 55 1800.

SOME TOP ANTI CYBERBULLYING WEBSITES (according to Generation Next at www.generationnext.com.au)
www.kidshelpline.com.au
www.cybersafetysolutions.com.au
www.netalert.gov.au
www.NetSmartz.org
www.netsafe.org.nz
www.isafe.org
www.wiredsafety.org (UK)
www.GetNetWise.org (UK)

Smart Phones Have Robbed Kids of Their Childhood

The year 2012 was the moment our kids lost their childhood.

Recent research out of the United States reveals a sharp decrease in wellbeing among adolescents from 2012 onwards — the year when smartphone ownership became commonplace among teens.

Using survey data from 1.1 million young people, the researchers found that adolescents who spent more time on social media, texting, gaming and the internet were less happy, had lower self-esteem and lower satisfaction with their lives.

But what about the wellbeing of Australian adolescents?

As someone who works with thousands of young Australians each year to prevent mental ill-health, I repeatedly get asked if rates of mental illness in young Australians are increasing and if so, what has caused it.

Well, yes, rates of youth mental ill-health do appear to be on the rise here.

The recent 'report card' by the Australian Research Alliance for Children and Youth (ARACY) revealed an increase in the number of young Australians experiencing "high or very high" psychological distress between 2011 and 2015, while the most recent annual Mission Australia Youth Survey found for the first time that mental health was now the #1 concern of young people.

So, should we ban the smartphone? Are there any other factors contributing to this rise?

Having spent years conducting research and working in the area of preventing mental health problems in young people, I have made some observations that may help explain this, and more importantly, what to do about it.

Two major changes in the last 10 to 15 years have significantly altered the psychological environment in which kids grow up: technology and parenting practices.

Smartphones, gaming over Wi-Fi and social media platforms have combined to alter the way young people spend their time. These technology-based pursuits have taken them away from non-screen activities that are associated with greater wellbeing.

The US study found that adolescents who spent more time on non-screen activities such as face-to-face social interactions and exercise were likely to be happier.

The link between activity levels and mood is clear. Real-world social activity and exercise are a part of maintaining good mental health, while being withdrawn from social activity and exercise can be both a symptom and a cause of problems such as depression.

Social media has also allowed kids to compare themselves to an unlimited number of peers and idols who present unrealistic, highly-selective images of their appearance and lifestyles. The end result for teens? Feeling not good enough.

– Tom Nehmy

This article was taken from www.generationnext.com.au. This website has a wealth of good information for parents, carers and teachers

What Can We Do About It?

There are actually plenty of practical strategies that can help support your child's psychological wellbeing over the long term.

- Limit time on devices.
- Providing a smartphone to your child should be based on a clear agreement. Teens should meet their responsibilities first (i.e. homework, chores), then they get screen time.
- After a set time at night, phones should go away, and not be allowed in the bedroom overnight (phones in bedrooms can also contribute to poor sleep habits).
- We should also look to the positive opposite of the withdrawn, socially disengaged behaviours associated with smartphone use:
- Encourage kids to engage in face-to-face social activities.
- Playing sports, especially team sports (this is a natural resilience-builder for kids).
- Parents shouldn't be afraid to directly coach their kids on social skills.
- Parents can reduce over-parenting by letting their kids take on challenges and responsibility knowing that sometimes disappointment and failure are a part of that.
- Look for ways to expand your kids' comfort zone in a gradual, age-appropriate way because taking on challenges, becoming independent and having responsibility will all help to build your child's capacity to handle future challenges.
- Finally, parents should coach their kids to challenge the 'perfect' images and scenarios found on social media.
- Prompt your teen to ask two key questions when consuming any kind of social media: (1) 'What is not realistic about this image?', and (2) 'How are they trying to influence me?'

Following these strategies will help your kids grow up more engaged, active and capable — and will help get them their childhood back.

Dr Tom Nehmy is a clinical psychologist and founder of the Healthy Minds Program.

BETTER TEACHING BETTER LEARNING
BETTER ACHIEVEMENT FOR ALL

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