

# Lake Macquarie Youth Development Officer Update

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This particular issue of the YDO Update is dedicated to Schools. Earlier this month we explored the relationship between schools and services through the Schools and Services Forum held at Club Macquarie Argenton. This gave attendees an opportunity to meet with schools and services they wish to connect with to support the young people in their care. We heard from some great speakers about the methods used by schools to engage with students and support their wellbeing as well as gaining a local perspective on the issues and challenges facing our local schools. This was followed by a panel of industry experts in a range of fields, discussing how to best respond to the concerns of young people in our schools. Perhaps the most beneficial activity of the day involved the 'speed dating' exercise which gave schools an opportunity to link directly with services and learn about what they have to offer and how these services can access the school and its student population. There have been many positive outcomes already from this forum and it is exciting to see that at the end of the day the real beneficiaries of this meeting will be the young people who we are committed to support. The next forum will be dedicated to East Lake Macquarie. Hope to see you all there.

### Eastlakes Schools & Services Forum

Tuesday 3rd September

Belmont 16ft Sailing Club

Registrations from 8:30am

Contact Nicola Hirschorn

Email: Nicolah@thecanopy.org.au Ph: 49081140

Bradley Dunn

(Lake Macquarie Youth Development Project)

77 The Boulevard, Toronto

Ph. 49503811 Mobile. 0426205064

Email. ydo@calm.org.au Hours: Mon-Thur 8-4

## Services / Programs

### Study Space @ The Place: Charlestown Community Centre

The Place: Charlestown Community Centre is pleased to announce the commencement of our **FREE** Study Space program in Term 4 2013. Applications are now open for both Year 11 & 12 students and volunteer mentors to participate in the program. The program assists HSC students to overcome barriers in accessing resources such as tutoring, internet, printing and space to study, to improve their education and employment outcomes. The program is funded for two years through a NSW Community Builders grant. An outline of the program is provided below, with full details to be found on our Study Space website. A Study Space Pamphlet and flyer are also attached.

#### Study Space offers HSC Students:

**FREE** weekly access to:

- homework and social support from volunteer mentors
- “yourtutor”/“SkillsBuilder” online professional tutoring
- quiet and group study spaces, computers, internet and printing
- study guides and resources
- information about career pathways, University and TAFE
- food and drinks while at Study Space.

#### Skills Development Workshops

Study Space also provides 2 HSC focused skills development workshops each term for up to 200 people. Topics will include coping with stress and self-organisation. Sessions will be delivered through the NSW Department of Education and Training’s “Senior Success” program, developed and facilitated by Dr Katherine McCrohon.

#### Outcomes for Mentors

- Opportunities to meet and connect with young people in the Lake Macquarie area
- Social development
- IT skills development
- Access to community facilities and associated services
- Increased knowledge of available community facilities, programs and services
- Improved capacity to engage with other local groups and services
- Increased awareness of education, recreation and employment options
- Development of social and professional links and networks

**Who?** Year 11 & 12 students and volunteer mentors from the community

**When?** The program starts in Term 4 2013 and runs weekly , from 3.30pm - 6pm on Wednesdays.

**Where?** The Place: Charlestown Community Centre

**More Info?** Phone: Shelley or Erin on 02 4032 5500.

Email: [study@theplacecharlestown.org.au](mailto:study@theplacecharlestown.org.au)

Web: <http://www.theplacecharlestown.org.au/>

#### Mental Health Line—1800 011 511

The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW. Anyone with a mental health issue can use the Mental Health Line to be directed to the right care for them. Carers, mental health workers, professionals and emergency services workers can also access advice and relevant services through the Mental Health Line.

## Professional Development

### LIFELINE - ACCIDENTAL COUNSELLOR

1-day workshop: great set of toolbox skills for those moments when you might least expect to be called upon in a counselling or caring capacity. Next: 24 September

### LIFELINE - MENTAL HEALTH FIRST AID

2-day workshop: learn mental health first aid, the help given to someone dealing with a mental health problem or in a mental health crisis until appropriate professional treatment is received or until the crisis resolves. Next: 26-27 September

### LIFELINE'S MINDFULNESS SELF-CARE SANCTUARY

2-day sanctuary with Mindfulness coach Charlotte Tharuup-Owen. The work that many of us do can be an emotional roller coaster that can take its toll: hence self-care is essential. Mindfulness builds and supports resilience, self-care, clear thinking, effectiveness and fulfilment in our work. Next: 28-29 September, 2-3 November.

Lifeline Workshop details accessible at <http://www.lifelinehunter.org.au/index.php/welcome-to-skills-for-life>

### Investing in Youth Conference 2013

We are proud to present an exciting and unique conference to assist participating companies recruit, train, develop, manage and retain young employees. The Investing In Youth Conference will present information, case studies, practical advice and resources that will assist participants integrate young people into their workforce and ensure they provide value for both the organisation and of course, the young employee.

**Date:** 19 - 20 September 2013

**Venue:** Rydges World Square Hotel, 389 Pitt Street, SYDNEY

**Cost:** Early Bird (Until 16th Aug) \$850 Full rate, \$650 NFP...see website for full details

**Contact:** Catherine Francetich: Ph. 02 8306 7905 Email [catherine@yfoundations.org.au](mailto:catherine@yfoundations.org.au)

### Youth Action Youth Work Conference 2013

October 21st - 23rd 2013, Youth Action's Youth Work Conference is the place to be! Also, on October 22nd, we'll be hosting our first ever Youth Work Awards Night. Registration closes September 20th, but places are limited and will fill quickly. The Conference will be held near the CBD of Sydney. Travel subsidies are available for delegates from outside the Sydney metropolitan area. If you would like to apply for a travel subsidy, indicate this on the registration form and we'll send you more details. Subsidies are limited and are offered on a first come, first served basis. We will launch workshop expression of interest forms within the next few weeks, so watch this space if you've got a great idea to present at our conference! We expect our program to be finalised early in September.

**Date:** 21 - 23 October 2013

**Venue:** SYDNEY CBD, Venue to be announced

**Cost:** Full \$350 (Member), \$500 (non-member)

**Contact:** Catherine Francetich: Ph. 02 8306 7905 Email [catherine@yfoundations.org.au](mailto:catherine@yfoundations.org.au)

For details go to <http://youthaction.org.au/latest/youth-action-youth-work-conference-2013/>

### Linking Up for Kids Conference 2014

The Linking Up for Kids Conference is inspired by the recognition that the health and education sectors each do terrific work to support, teach and care for children and youth. What is less evident is how much more effective they could be in working together to keep kids well, and to better meet their needs when they are not. This unique conference aims to showcase innovations, models, programs and activities that enhance the health and wellbeing of children and youth through forging partnerships between health and education service providers.

**Date:** 14 - 15 April 2014

**Venue:** The Menzies Hotel, Sydney

**Cost:** Early Bird Member \$690, Non Member \$790 (Closes 02/03/2014)

**Contact:** Email: [nikki.abercrombie@aracy.org.au](mailto:nikki.abercrombie@aracy.org.au) Phone: 0418 283 397

## Funding / Scholarships / Competitions

### Advanced Grant Writing Seminar

(Friday 30 August, 10.00am - 3.00pm)

You've mastered the basics, now it's time to become a GRANTS MASTER. Learn how to become a sophisticated, successful grant seeker for your organisation. As this is an advanced grants session participants must have either completed a prior grant training session or be actively involved in grant writing for their organisation.

**Fee:** \$295

**Further information:** [www.ourcommunity.com.au/adgrantsseminar](http://www.ourcommunity.com.au/adgrantsseminar)

### Ansvar Insurance - 2014 Community Education Program Grants

Individual grants of up to \$50,000 are available as part of Ansvar Insurance's community education program, providing funds for education and life skills initiatives.

The grants are aimed at programs which target youth under the age of 25, and fall under the categories of empowerment and education or outreach and support.

Applications close at 5pm, Friday, September 6.

All applicants will be contacted in December, with successful applicants receiving grants in January 2014.

To apply or to find out more visit [www.ansvar.com.au/cep/](http://www.ansvar.com.au/cep/).

### Grants to End Homelessness

The Mercy Foundation 'Grants to End Homelessness' are available for initiatives, services, projects and research that will contribute to the goal of ending homelessness. Projects that focus on chronic homelessness and women who experience chronic homelessness are currently priority areas for funding. These will generally be larger grants (up to \$50,000 for any one year) with grants likely to be averaging \$20,000 - \$30,000. Chronic homelessness is defined as an episode of homelessness lasting 6 months or longer or multiple episodes of homelessness over a 12 month period or more. The Mercy Foundation has introduced an **Expression of Interest Form (EOI)** process. This replaces all previous application and proposal forms to the Mercy Foundation's Grants to End Homelessness Program.

**Please note the next closing date for Expressions of Interest for this program is October 14, 2013.**

This process has been put in place to minimise the amount of paperwork that organisations need to prepare to apply for one of our grants. EOIs will be assessed by mid November. **If your EOI is successful, we will then invite you to submit a full application and proposal form by February 17, 2014.** We will send you all the appropriate forms if your initial EOI has been successful. Moving to this next round, (following this EOI process) is no guarantee that the Mercy Foundation will provide a grant for your project. If you would like to submit an EOI you are invited to contact Felicity Reynolds at the Mercy Foundation on 02 9911 7390 to discuss your project before submitting your form.

<http://www.mercyfoundation.com.au/grants/index.cfm?loadref=19>

## Legal Matters

### ***STOP.THINK.PROTECT - Sexual Assault Communications Privilege Service (SACPS)***

The Sexual Assault Communications Privilege Service (SACPS) is a victims' legal service that helps protect the privacy of counselling notes and other confidential therapeutic records in criminal proceedings involving sexual offences. The SACPS support sexual assault victims to claim the privilege when their confidential records are subpoenaed. The service aims to protect confidential counselling and therapeutic relationships and recognises that disclosure of private records causes further trauma to a victim if that information is revealed to the accused or in a public court room. The SACPS believe that stopping the disclosure of these records will encourage the reporting and prosecution of sexual assaults. For more information visit <http://www.legalaid.nsw.gov.au/what-we-do/civil-law/sexual-assault-communicationsprivilege-Service>

### ***Children's Legal Service's Cyberbullying and Sexting Projects***

The Children's Legal Service are now working on an online interactive project designed to allow young people to explore choices about how to use online media and instantly find out information about criminal law implications for online actions. The development of the project is bolstered by joint projects with the National Children's and Youth Law Centre. The first project created factsheets for young people on 8 areas of law relevant to their online activities. The second project (*New Voices, New Laws*) uses an education module to introduce young people to criminal law outcomes for different online scenarios involving sexting and cyber-bullying. Through this project, CLS hopes to explore new and innovative ways of presenting community legal education as well as building on young peoples' ability to navigate technology and social media safely and responsibly. The New Voices report is available at [www.lawstuff.org.au/news/article/new-voicesnew-laws](http://www.lawstuff.org.au/news/article/new-voicesnew-laws) For more information, please contact Julianne Elliott on [Julianne.Elliott@legalaid.nsw.gov.au](mailto:Julianne.Elliott@legalaid.nsw.gov.au)

### ***Youth On Track Scheme***

The new Youth on Track scheme aims to separate legal outcomes from intervention in most cases and places a strong emphasis on and intervening early, engaging families and responding to real and definable problems. The scheme proposes creating a system of case management that can be entered by a young person who is over 10 years of age and may be identified as at risk. Youth on Track scheme will provide a strong emphasis on intervening early, engaging families and responding to real and definable problems that are leading these young people to engage in criminal behaviour. This scheme will allow young people, who may not have committed a serious crime, but who exhibit extensive risk factors, to be referred to assessment and case management at a point far earlier than is currently possible. It also allows young people who may have committed an offence, but may not have any signs of ongoing criminal behaviour, to be dealt with on the basis of their offence. Early intervention is a fundamental element of the scheme. Another key element is matching the level of intervention to the level of risk. The Department of Attorney General and Justice is leading the implementation of Youth on Track, initially in Blacktown, Newcastle and Mid-North Coast in 2013 followed by more locations in later years. Key government agencies include NSW Police, Education & Communities, NSW Health and Family & Community Services. UnitingCare Burnside has been awarded the contract to provide case management services for the Youth on Track scheme. Research has confirmed that the majority of juveniles who are given a caution do not come into further contact with the police. This is the group of desisters who do not require any intervention to curb their criminal behaviour. On this basis, the first point of formal contact with police would be an appropriate screening entry point. The young offenders targeted in the program are the ones who have the greatest risk of committing further and more serious crimes. According to the scheme: "community safety will be improved by intervening early in young people's criminal careers". For more information: [www.youthontrack.lawlink.nsw.gov.au](http://www.youthontrack.lawlink.nsw.gov.au).

## Information, Research & Resources

### Exploring the Impact of Technologies on Young Men's Mental Health and Wellbeing

The Young and Well Cooperative Research Centre unites young people with researchers, practitioners, innovators and policy-makers from over 70 partner organisations across the non-profit, academic, government and corporate sectors. This collaboration has been in the making for over a decade to work towards a vision for a future where technologies support young people to feel safe, healthy and resilient.

<http://www.youngandwellcrc.org.au/news/article/241>

### 10 Ways to build school-community partnerships

Here is a video by the Collaborative for Building After-School Systems with 10 ways to build school-community partnerships.

<http://sustainingcommunity.wordpress.com/2013/07/17/10-ways-to-build-school-community-partnerships/>

### Over exposure is making teens pawns to porn

Pornography is invading the lives of young people – 70 per cent of boys and 53.5 per cent of girls have seen porn by age 12, 100 per cent of boys and 97 per cent of girls by age 16, according to a study behind the book The Sex Lives of Australian Teenagers, by Joan Sauers.

<http://www.generationnext.com.au/2013/07/over-exposure-is-making-teens-pawns-to-porn/>

### Porn becoming substitute for sex education

With the younger generation's growing access to the internet, it probably comes as no surprise that many children are viewing pornography. But what may surprise you, is the reason why they're watching. Some sexuality health experts are suggesting many Australian young people are using pornography as a "how to" manual for having sex.

<http://www.generationnext.com.au/2013/07/porn-becoming-substitute-for-sex-education/>

### New online mental health resources to give Peace of Mind to LGBTI people

ACON's mental health literacy project Peace of Mind has now produced an online resource to help community members and service providers better understand mental health issues which can be experienced by lesbian, gay, bisexual, transgender and intersex (LGBTI) people. It has been produced in partnership with the National LGBTI Health Alliance and the module can be found: [www.peaceofmindproject.com.au](http://www.peaceofmindproject.com.au) and also [www.lgbtihealth.org.au](http://www.lgbtihealth.org.au)

### Keeping Your Boat Afloat

Women's Health Goulburn North East have operated No interest Loans Scheme (NILS) since 2007. As a result of this work it was identified that there was a need for resources identifying Financial Abuse as a form of Family Violence. With funding granted from the **Ian Potter Foundation** for a project called Keeping Your Boat Afloat, we have developed a series of six postcards, each detailing a young women's experience of financial abuse. The back of the card lists help lines available for coping with Domestic Violence. These resources have been informed by consultations with young women, including direct engagement with young women. They can be downloaded in postcard or poster format. If you would like some hard copies of these resources in post card format please call 0357 223 009 or order online at [http://www.whealth.com.au/work\\_financial-abuse.html](http://www.whealth.com.au/work_financial-abuse.html)

### **Two Great Ways to Address Digital Citizenship in Your School**

Amy Dwyer and Patricia Easteal, from the University of Canberra published their paper, Cyber Bullying in Australian Schools: The question of negligence and liability, and applied existing laws to cyber bullying to discover if a school could be liable for the abuse. What they concluded might surprise some. They found that a school could be held accountable if; the cyber bullying occurred on school grounds; occurred during school hours; or by using school owned technology.

<http://www.generationnext.com.au/2013/08/two-great-ways-to-address-digital-citizenship-in-your-school/>

### **Australian girls shun swimming, cycling because of body fears**

At least 200,000 Australian girls aged between 10 and 17 are not swimming because they feel bad in bathers, a survey suggests. More than 70 per cent in the age group feel internal and external pressure to look beautiful and 17 per cent avoid activities such as going to the beach or riding a bike.

<http://www.couriermail.com.au/news/national/australian-girls-shun-swimming-cycling-because-of-body-fears/story-fnii5yv5-1226695140174>

### **Study Confirms Link Between School Climate And Violence**

During the last twenty years there has been extensive research on identifying risk factors of school violence. Especially the concept of school climate has received increased attention.

Most importantly, the social climate in class and in school is assumed to have a significant effect on the prevalence of violence in schools. But, the lack of clear definitions and empirically validated measures of school climate has resulted in a multitude of findings that are often difficult to interpret.

<http://www.medicalnewstoday.com/releases/259724.php>

### **Bullying Thrives On Teen Website**

A new social media website is turning into a haven for vicious cyber-bullies taunting their victims about suicide, self-harm and weight issues. Ask.fm is the latest hit website among teenagers, with more than 40 million users worldwide, but parents and schools are shocked by the content. On the website, members create a profile and are asked questions either by other members or anonymous users. Most of the questions are innocent – about favourite school subjects or bands – but the website is quickly becoming another tool for cyber-bullies. Teenagers on the website are being bombarded with swearing and abuse, while others were being asked highly explicit questions about sex and self-harming.

<http://www.stuff.co.nz/technology/digital-living/8775107/Bullying-thrives-on-teen-website>

### **Seeing just 10 Tobacco Ads increases risk of Teen Smoking by 40%**

The more tobacco advertising teenagers see, the more likely they are to start smoking, according to a new study. Every 10 tobacco ads that teens view increases their risk of starting to smoke by nearly 40 percent and boosts their chances of becoming a daily smoker by 30 percent, the German researchers found.

<http://www.doctorslounge.com/index.php/news/hd/38703>

### **School Kids Engagement and Happiness**

Children's interest and engagement in school influences their prospects of educational and occupational success 20 years later, over and above their academic attainment and socioeconomic background, researchers have found.

The more children felt connected to their school community and felt engaged, rather than bored, the greater their likelihood of achieving a higher educational qualification and going on to a professional or managerial career.

[http://www.essentialkids.com.au/older-kids/education-for-older-kids/engaged-children-lead-successful-lives-20130620-2olw5.html#utm\\_source=FD&utm\\_medium=lifeandstylepuff&utm\\_campaign=schoolsuccess](http://www.essentialkids.com.au/older-kids/education-for-older-kids/engaged-children-lead-successful-lives-20130620-2olw5.html#utm_source=FD&utm_medium=lifeandstylepuff&utm_campaign=schoolsuccess)

# In Focus

## Eastlakes Youth Centre

Eastlakes YC supports young people aged 12 to 18 years.

Swansea Youth Centre, Pacific Hwy  
Mondays 3pm-5pm 49721111

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Windale Community Hall

Tuesday 2:00pm - 5pm 40267573

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The Place, Charlestown Square

Thursday 6:30pm - 9pm 49721111

A free drop-in style youth centre. Young people aged 12 years to 18 years are invited to attend.

- Free music
- Free food
- Free pool tables
- Free table tennis
- Free foosball
- Lounge areas
- Games and special events

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A youth worker is in Swansea, Belmont, Hunter Sports, Whitebridge and Warners Bay High Schools 1 day a week doing casework with selected students.

**Walk on the positive side program** is a 13 week program that runs for 2 hours each week. Young people develop knowledge and a greater understanding of how to build and maintain healthy relationships both personal and within the community. Aimed at young people aged 12 to 18 years.

Please forward your current programming, services and timetable for addition to the In Focus section of the YDO Update!

Programs operate in Warners Bay, Windale, Belmont and Swansea.

Enrolments are now open for February 2014 programs. Contact Jenny for Referral forms.

For further information please call Jenny Pilgrim 4972 1111

## Southlakes Youth Centre

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Fishery Point Rd, Bonnells Bay  
49735125

Provides general counselling, social and recreational activities, information, education, leadership development, mentoring, peer support activities and group work, referral and advocacy for 12 – 18 year olds who live in the Southlakes area. Regular activities include a youth group, drop-in centre, school holiday outings, a young mum's group, parenting classes and school based programmes at Morisset High.

## Northlakes Youth Project

-----  
Cnr Main & Minmi Rd, Edgeworth  
49588648

Gardening Program Thursday mornings

Youth Group Tuesdays 3:30pm-6pm

## The Place: Charlestown Community Centre

Young Parents Support Group  
A fun group for young parents (26 years old and under) to meet, socialise & share information.  
1pm - 3pm on Friday afternoons.

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Eastlakes Youth Centre  
Chill out at The Place on Thursday nights with Eastlakes Youth Centre. Entry is free, and there's free pool, table tennis, games, food & music.  
6.30pm - 9pm Thursday nights.

House  
Live music, crazy challenges, stacks of people and heaps of energy.  
Hosted by God's House, from 6.45pm on Friday nights during school terms.

## Toronto West Youth Group

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Keith Barry Oval, Toronto West  
0409154392

Monday/Wednesday 2pm - 7pm

Social and recreational activities, support and information for 12-25 years

## Multicultural Neighbourhood Centre

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The new Youth Worker for MNC will be appointed in the near future...watch this space!