All of us here at ycentral (headspace Gosford and Children and Young People’s Mental Health) hope you have had a good 2014 so far. The year has flown indeed, and with our move into Spring we are now looking forward to the warmer months.

We hope you enjoy this edition of the newsletter. Remember to log onto the ycentral website www.ycentral.com.au to keep you updated on all activities and services available at ycentral. Staff can also download this newsletter and many other useful resources that can assist school staff in their work with young people in the school setting. Please circulate the newsletters throughout the school so all staff have access to the information available.

Children and Young People’s Mental Health (CYPMH) and headspace Gosford continue to remain extremely busy with so many projects, education and training opportunities for schools and of course our clinical services. In this issue you will get updates on existing projects and also introduced to some of our new projects such as the Carers and Friends Project.

CYPMH are proud to work within an evidence based framework and have had a number of articles published over the years. Our researcher, Dr Dominiek Coates, PHD, certainly enhances the service with her keen research knowledge and expertise. Inside this issue you will find our most recent published article headspace Gosford data: The local application of a National model - the article was accepted in the Australasian Psychiatry 2014 - a proud moment for all at CYPMH...!!!!

KidsMatter has recently been engaged on the Central Coast and most recently with Lakes Grammar School. Lakes Grammar officially launched the program on 1 April with a fun and highly engaging day for the children, check out more details on KidsMatters and the launch photo inside this issue. School-Link also provided Youth Mental Health First Aid Training to Mary Mackillop School Staff, a two day workshop provided to their wellbeing team, this was well received. If schools would like Mental Health training please contact Helen or Fiona.

In partnership with Youth Health, CCLHD and NSW Kids & Families, our Youth Health Forums have been a great success. We’ve had an increase in attendance from Mental Health, Youth Health and School staff which is fantastic for building collaborative partnerships. See inside this issue for details of the next forum to be held in November.

We hope you have a relaxing term 3 break and look forward to continue to work with our local schools for the remainder of 2014.

Regards Helen & Fiona
The mental health of children and young people is a key priority for NSW and Commonwealth Governments. In 1999 The NSW Government launched the School-Link Initiative, as one of a range of initiatives to improve the mental health and wellbeing of children and young people.

School-Link is an innovative and collaborative mental health initiative between NSW Health and the NSW Department of Education and Communities (DEC). School-Link supports CCLHD Children and Young People’s Mental Health, headspace Gosford, schools and TAFE colleges to work together to promote mental health, prevent mental health problems and facilitate identification, treatment, management and support of mental health issues.

Communication and shared care are essential elements to enhancing the service provided to children and young people with high support needs.

The School-Link Consultation Line is a direct contact number to access the School-Link Coordinator(s). The consultation line provides prompt referral and clinical support for all schools across the Central Coast Local Health District.

The School-Link Consultation Line provides:

- Facilitation of clinical consultation;
- Consultation without clinical intervention; and
- Increased collaborative practice at a local level between DEC and CYPMH.

The School-Link Consultation Line does not replace the usual referral process but is available to discuss any queries or clinical issues regarding a student/young person.

For referral to Children and Young People’s Mental Health contact the Mental Health Line on 1800 011 511

School Link Consultation Line
Phone: 0414 193 139

Mental Health Line 1800 011 511
Central Coast Mental Health Line

The Central Coast Mental Health Service sees people with moderate to severe mental health issues. The Mental Health Line makes accessing Mental Health Services easier by providing a central point of contact for all referrals across NSW. The Mental Health Line is a 24 hour telephone line which operates 7 days a week.

If you, one of your students, or someone else you know needs help with a mental health problem, call the Mental Health Line on 1800 011 511.

By following the prompts, you will be connected to your local mental health service, in this instance, the Central Coast Mental Health Service.

If the Central Coast Mental Health Service is appropriate, your referral will be forwarded to the appropriate mental health team.

When the Central Coast Mental Health Service is not appropriate, information will be provided about other specialised health and community services to better meet your clinical needs.

Handy hints for calling the Mental Health Line

You will be asked questions about the person you are referring. We want your contact with us to be easy and useful. The more information you can provide us, the better the assessment and referral options can be.

If you are concerned about the mental health of one of a young person, remember you can make a referral by calling the Mental Health Line.

You will be asked a number of questions. So make sure you are prepared.

These are some of the questions that may be asked by the Mental Health Line Team

- Contact details, eg: name, DOB, address, phone number.
- Referring person’s details, eg: name, address, phone number, organisation.
- GP name and contact details.
- Contact details for next of kin/family/carer.
- Cultural Background, eg Aboriginal, Torres Strait Islander background or CALD.
- Language/s spoken
- Do you need an interpreter?
- What is the reason for the referral?
- What is happening for the person right now? How long has the person been feeling this way?
- Is the person having thoughts of suicide or self-harm? Is their intent to act on these thoughts, e.g. a plan or the means available?
- Is the person on any medication? What are they? What is the current dose?
- Current and past physical health problems
- Is the person consenting to the referral?
- Is the person agreeable to an assessment?
- Does the person have a history of/or current misuse of alcohol and/or drug use?
- Is the person currently physically and/or verbally aggressive towards others?
- Is the person willing to participate in treatment?

The Mental Health Line is not a telephone counselling service.

Telephone counselling options include:

Lifeline 13 11 14
Mensline Australia 1300 78 99 78
Kids Help Line 1800 55 1800

The Central Coast Mental Health Service is NOT an emergency service. If an emergency response is needed, call 000

Mental Health Line 1800 011 511
headspace Gosford and CYPMH Community Awareness activities support a range of community events to ensure information on how to maintain good mental health and how to access Mental Health Services is disseminated throughout the community. The following events have been celebrated recently;

**Peninsula Links Day**
The concept of Peninsula Link was initiated in 2008 when through interagency meetings to identify and close the gaps for the people living on the Peninsula.

The vision for the Peninsula Link Day is to link the community to the various agencies who provide services, support and assistance across the Peninsula and the Central Coast. Peninsula Links Day is designed to give immediate access to a range of practical services in a client-focused, family friendly environment to help close those gaps and for many, the isolation of living within the Peninsula.

**Coast Connect Day**
Coast Connect day aims to bring over 60 government, non-government and business organisations in one location to provide free access to information, support, food, clothing, entertainment, sport and recreational activities, health clinics, haircuts and pampering. Free childcare is available on the day with trained child care workers.

Central Coast Connect Day or ‘Coast Connect’ opens doors for people who are homeless, are at risk of being homeless, or doing it tough. It’s about helping the community to GET CONNECTED!!! The purpose is to build a sense of community and provide connecting support services. Local businesses donate products or services that people in need simply can’t afford or easily access, for example legal services, health, clothing, toiletries, shoes and food.

**Narara Knockout BMX Skate Scooter Final**
There were 350 young people in attendance at the Narara Knockout! This event was organised by Gosford Council. Resources were provided at the ycentral van and an interactive activity with participants also took place where prizes could be won.

**International Day of Action Against Sexual Assault - 2014**
The Day of Action Against Sexual Assault was first celebrated in 1992 to celebrate women’s survival of sexual assault, inform them of their options, acknowledge those working with survivors and highlight the need for continuing public education and support services.

In 2012-13 Central Coast Community Women’s Health Centre hosted a successful event in Kibble Park to raise awareness and acknowledge and celebrate women’s and girls’ survival of sexual assault. Building on the success of the previous years a Day of Action was planned for 28th August at the Entrance Memorial Park. Unfortunately, due to the rain the event was cancelled, however, service providers met for morning tea at the Northern Women’s Health Service at Wyong to celebrate their important roles within the community. The services in attendance included; Central Coast Women’s Health Centre, Eleanor Duncan, yconnect, Baptist Care, Eleanor Duncan Aboriginal Health Service, Northern Settlement Services and Central Coast Local Health District Biala Sexual Assault Service, CYPMH and Violence & Neglect Service.

The morning tea was a great way to celebrate the excellent work being done on the Central Coast around the issue of sexual assault. Many thanks to Karina Ejubs, Advocacy Support Worker, CC Women’s Health Centre for organising the event.
CYPMH & headspace Gosford Events

Mental Health Line 1800 011 511
Wear it Purple is a youth-led organisation that exists to support and empower rainbow (i.e. sexuality and gender diverse) young people - young people, working for young people.

Wear it Purple believes that every young person is unique, important and worthy of love. No one should be subject to bullying, belittlement or invalidation: whoever you are.

Wear it Purple are working toward a world in which every young person can thrive; irrelevant of sexuality or gender identity.

Wear it Purple exists to foster supportive, safe and accepting environments for young people of diverse sexes, sexualities and/or gender. Wear it Purple seek to do this by:

- Educating a broad demographic about sex, sexuality and/or gender identity.
- Celebrating and promoting diversity in all community settings.
- Advocating for rainbow young people and raising awareness of the challenges they face.
- Empowering young people of diverse sexes, sexualities and/or gender to implement initiatives in their immediate environments.
- Challenge harmful social cultures and build inclusive cultures that support young people of diverse sexes, sexualities and/or gender.
- Supporting young people of diverse sexes, sexualities and/or gender through the visibility of positive role models.

Children and Young People’s Mental Health and headspace Gosford Celebrate Wear it Purple Day
beyondblue-funded research finds homophobic abuse rife in PE lessons at school, contributes to mental health problems

New research has revealed that Australian secondary school students are subjected to casual homophobic abuse in their PE lessons, causing distress to young students who are gay, lesbian, bisexual and gender diverse.

The research, led by Victoria University’s Dr Caroline Symons through a beyondblue Victorian Centre of Excellence in Depression and Anxiety grant, funded by the Victorian Government, found more than 80 per cent of young people in PE lessons experienced casual homophobic language.

The study was based on a survey of 399 same-sex attracted and gender diverse young people, who reported higher levels of depression and anxiety when they were subjected to regular homophobic taunts.

While the remarks may not have been intended to upset someone in the PE class, the study found more than 80 per cent of people were distressed when they heard remarks like “you’re so gay” and nearly 60 per cent had heard deliberate homophobic remarks targeted at them such as ‘faggot’ and ‘dyke’.

Dr Symons said the 14 to 22 age bracket was critical to build a positive relationship with sport and PE, and PE lessons and school sports were the most common environment for a young person to experience homophobic bullying.

“We know that participation in sport and physical education can be key factor for young people in fighting depression. That is why the Victorian Coalition Government is pleased to support this research which contributes to reducing mental health issues among the gay, lesbian, bisexual, transgender and intersex community,” Ms Wooldridge said.

beyondblue Chief Executive Officer Georgie Harman said the striking results were troubling, especially at an age and stage when many young people were exploring their identity and sexuality.

“Sport and teamwork can help bind people together. Homophobia in the school yard or on the sports field is unacceptable and can have a lasting impact. Throw away lines - whether intended to hurt or not - stay with kids and can affect their ability to be open about the feelings they’re having. Teachers, parents and kids themselves can learn from this research and say ‘this is not acceptable’, and do something about it,” she said.

Students who identified as gay, lesbian, bisexual, and gender diverse reported moderate levels of depression and moderate to severe levels of anxiety.

Other findings of the survey were:

- A quarter of young people in school PE lessons had experienced physical abuse or pushing.
- Verbal abuse such as threats or name calling were experienced by almost a third in PE.
- One tenth of secondary students had experienced a physical assault such as hitting or using weapons in school sports in past year.

For further information go to the beyondblue website

www.beyondblue.org.au
School Mental Health

Youth Health Forum - ‘we are not all Barbie's and Beefcakes’ - developing healthy body image.

School-Link, CYPMH and Youth Health recently co-hosted their second Central Coast site for the Youth Health Forum seminar at Gosford Hospital. The Youth Health Forum is video conferenced from Westmead Children’s Hospital. The forum saw 50 people attending including health clinicians, school staff, community services and youth workers.

The forum provided the audience with a good coverage of the current trends and body image concerns young people experience, and identified strategies to empower young people to develop a positive body image. The forum also had a focus on the current steroid use of young males within Western Sydney and invited a young person to talk about their experience and views on this increasing trend.

‘Youth Health Forum is a series of community health education seminars which provide regular opportunities for health workers, education professionals and other relevant organisations working with young people to meet, update knowledge and skills, exchange information and strengthen the youth health network to provide the best possible support for young people here on the coast.

The next Youth Health Seminar topic will be on Working with Young People with Backgrounds of Multiple Trauma on the 12th November 2014, 8:30am to 12:30pm at Gosford Hospital. There will be more information coming shortly.

Speaker presentations are now available on the NSW Kids and Families website: http://www.kidsfamilies.health.nsw.gov.au/publications/youth-health-forum-resources/

Red Frogs Australia

Red frogs Australia has been providing support for school-leavers across 17 locations for more than 15 years. Recently this service has extended internationally to support school leavers in Fiji, Bali and South Africa. Part of the Red Frog support strategy is educating, preparing and equipping Yr 12s about the realities of Schoolies Week and life after school. Each Year Red Frogs present high-school seminars to more than 35,000 students.

Red Frogs invites you to book a Schoolies Seminar for your Yr 12 students.

Students will be:

1. Empowered to make positive and informed choices based on real life insights on Schoolies Week celebrations, provided by trained and experienced presenters.

2. Given a mini-mag which reinforces tips and guidelines from the presentation in a fun and age-appropriate style.

3. Briefed on some of the real life dangers associated with going overseas for schoolies, based on our experience and how they can access various support services in these countries.

4. Captivated by an entertaining presentation incorporating multimedia footage filmed by Red Frogs, direct from Schoolies Week.

To book a Yr 12 Seminar contact
Red Frogs Australia
grant.gehrke@redfrogs.com.au
1300557123
or check out
http://au.redfrogs.com/schoolies

Mental Health Line 1800 011 511
KidsMatter Primary

KidsMatter Primary is a mental health and wellbeing framework for primary schools and is proven to make a positive difference to the lives of Australian children.

KidsMatter Primary is a flexible, whole-school approach to improving children’s mental health and wellbeing and it can be tailored to schools’ individual needs. Through KidsMatter Primary, schools undertake a two-to three-year cyclical process in which they plan and take action to be a positive community; one that is founded on respectful relationships and a sense of belonging and inclusion, and that promotes: social and emotional learning (including evidence-based social and emotional learning programs); working authentically with parents, carers and families; and support for students who may be experiencing mental health difficulties.

If you would like more information on KidsMatter or would like to become a KidsMatter school please contact:

Monique Gadd
KidsMatter Project Officer
p: 02 8333 9606
m: 0457 791 346
e: monqiue.gadd@pai.edu.au
www.kidsmatter.edu.au

MindMatters

MindMatters is about young people, their health and wellbeing. It helps schools to support young people to achieve their goals, build relationships and cope with challenges.

MindMatters is a framework that aims to promote mental health, prevent problems and enable early intervention. MindMatters:
• Supports schools around Australia to foster the mental health of their students
• Provides training for schools using the framework
• Assists secondary schools and health services to work more closely together
• Encourages secondary schools and families to work more closely together
• Provides useful resources and links (on the website) for young people, families, teachers and schools.

Since the year 2000 MindMatters has been helping schools support young people to learn and develop their skills emotionally, socially and academically. There continues to be strong interest from schools in the latest research about the mental health of young people.

The Australian Government Department of Health commissioned beyondblue to redevelop MindMatters so that it will continue to be a valuable, cutting-edge resource for schools. 2014 will see the roll-out of the new MindMatters framework into schools nationally. Principals Australia Institute will remain an integral part of the new MindMatters framework.

If you would like more information on MindMatters or would like to become a MindMatters school please contact:

Jane Nethery
Project Officer
jane.nethery@pai.edu.au
p:02 8333 9612
m:0438 899 954
www.mindmatters.edu.au

“Every Face Has A Place” – KidsMatter Launch
Lakes Grammar
headspace Gosford is excited to introduce Natasha McGrath the Family and Friends Project Worker.

Strong Family support is pivotal to young people’s health and well-being which is why headspace Gosford has established a Family and Friends Project.

Funding for the project is until July 2015 so it is hoped a plan can be put in place that will be sustainable beyond the project funding.

What will the Project Do?
The project aims to provide meaningful opportunities for family and friends to directly participate in mental health services.

This direct participation with mental health services will occur through the following:

- Supporting family and friends to care for their young person by improving their mental health literacy.
- Supporting family and friends to increase awareness about support pathways in relation to caring for their own well-being.

It is anticipated that family and friends will be able to access this information through a range of outlets such as internet, fact sheets and a resource pack which will be provided when accessing headspace.

Reaching out to Family and Friends in the Community
October is Mental Health Month and Carers Week is also celebrated during the month of October (12th - 18th). The Family and Friends Project is hosting an evening forum during Carers Week with guest speakers presenting on issues relevant to young people.

Did you know?
According to the recent Youth Mental Health Report undertaken by Mission Australia (published in June 2014) the top three concerns for young people are;
- School or study problems;
- Stress; and,
- Depression.

More information on this report further into this newsletter.

It is important to remember family and friends can play a vital role in a young person accessing timely help for mental health problems. When the young person does receive help the evidence shows that outcomes of mental health problems are likely to improve for that young person.

Knowing where you are able to find support for parents, friends and the young person will benefit everyone including your school community.

On 14th October during Carers Week, the Family and Friends Project is celebrating carers, family and friends who support young people facing mental health issues, by hosting an Evening Forum from 5.30 to 7pm at headspace Gosford.

Guest speakers will discuss a range of topics including:
- Understanding teenage development to help family and friends identify what is normal or when to get help
- Recognising anxiety and depression in young people
- Tips and strategies on what families, friends and/or carers can do to help

There will be a discussion panel which will include a young person with a lived experience of a mental health issue.

This will be followed by a light supper and prizes to be won.

For more information and to register for this event contact
Natasha McGrath
Family and Friends Project Worker
4328 7350
We would like to officially announce that eight part-time peer workers have joined Children and Young People’s Mental Health Service as part of the CHOICE Project. The CHOICE Project is a shared decision making and peer work service designed to support and empower young people accessing headspace Gosford to make informed and preference based decisions about their own care.

Peer workers are young people, 16 to 25 years, with a past or current experience as/or with a consumer of Mental Health Services. Peer workers with a lived experience of life issues such as mental health and/or a life changing event, are in a unique position to connect with and relate to other young people accessing headspace Gosford. The peer work approach is about empowering young people to have control of their life. Recently, one peer worker said:

“*It’s about connecting based on experiences. I’ve been here and I can support you through your headspace journey*”.

For more information on the CHOICE Project contact Tara Dimopoulos-Bick (E. tara.dimopoulos-bick@health.nsw.gov.au or P. 43287320)

Georgia shares her experience and reflection on the CHOICE Project:

headspace Gosford are developing, implementing and evaluating the exciting new CHOICE project – a shared decision making and peer worker service which aims to empower young people to make informed, preference based decisions about their health and the services they access at headspace. I feel both privileged and excited to be one of the peer workers involved as part of this project.

As a young person myself with a lived experience of mental illness, I am aware of the many challenges that young people can be confronted with, and the importance of support services such as headspace. It is really fantastic to see that the necessity of promoting active participation of young people in their decision-making has come into focus through the CHOICE project. Our primary role is to connect with young people in the waiting room and orientate them to headspace, assist them with using the decision aid, provide follow up support regarding the decisions they’ve made, and additionally provide a one on one support service if the young person wants to connect further.

Over the first few weeks of this peer worker role, my colleagues and I have been able to engage with a range of young people and introduce them to the process of shared decision making. It has been great to see people engaging with the tool and recognising that they have the ability to make choices about where they see themselves going forward.

The whole headspace and ycentral team have been more than welcoming, helping us to find our footing during these first few weeks on the job. Everyone involved in the project is constantly learning, and I am excited to participate in its growth and development over the next six months.

For more information on the CHOICE Project contact Tara Dimopoulos on 4328 7350
headspace Gosford data: The local application of a National model

Authors: Deborah Howe Service Manager, CYPMH, Central Coast Local Health District, Gosford, NSW, Australia, Dominiek Coates Research Officer, CYPMH, Central Coast Local Health District, Gosford, NSW, Australia, Samantha Batchelor Team leader; PPEI Team, CYPMH, Central Coast Local Health District, Gosford, NSW, Australia.


Abstract:

Objectives: Despite the high prevalence of mental health problems for young Australians, many do not have ready access to treatment or are reluctant to seek help. Until recently there was a tendency for young Australians to fall between the gap of Child and Adolescent Mental Health Services and Adult Mental Health Services, and this has contributed to low rates of service use for young people. In 2006, the Australian Government sought to redress this gap in service delivery with its establishment of the Australian National Youth Mental Health Foundation, headspace. This paper presents demographic data collected at headspace Gosford over a 5.5-year period.

Conclusions: The data presented indicates that headspace Gosford has been successful in improving early access to mental health treatment for young people on the Central Coast, in particular for young people aged 14–18. Headspace Gosford has attracted young people of both sexes, with a higher proportion of females. The majority of young people access headspace for mental health problems, predominantly depression and anxiety; however, a significant proportion report physical health or alcohol and drug-related reasons. The likelihood of these referral reasons is informed by gender and age.

Young People and Gambling

Young people are growing up with more awareness and knowledge of gambling, and more opportunities to experience gambling than ever before. Young Australians are not just experiencing gambling at a distance, seeing it portrayed in the media around them and observing adult behaviours - they are also having direct experience.

Even though participating in gambling is illegal for people under 18 years old, research has consistently shown that a majority of young people (80%) have gambled for money while underage. Most young people gamble via scratchies, lotto or friendly card games. However, around 1 in 5 have participated in gambling such as sports betting, racing and pokies.

Studies have shown that under-age gambling is often undertaken with parental knowledge, or with parents being unconcerned that their children are gambling. Gambling is generally viewed as a social pastime or leisure activity and in many cases parents are likely to have introduced their children to gambling. With the boom in free-to-play gambling apps and games on social media and the internet, gambling is fast becoming more accessible and more attractive to young people in Australia.

What you can do to help: Teachers and school counsellors are particularly well placed to become involved in early intervention, including providing better awareness of the signs of gambling problems in young people and better pathways to help when they are identified.

Where to Get Help: Uniting Care Mental Health counselling service provides face to face counselling for any adult or young person affected by problem gambling. For more information call (02) 4302 1443.

Source: Uniting Care Mental Health Fact Sheet
Mission Australia’s Youth Mental Health Report - 2014

In 2013, 14,461 young Australians aged 15-19 years participated in Mission Australia’s Youth Survey. The survey collected information on a broad range of issues, including levels of psychological distress in young people, as measured by the Kessler 6 (K6). Responses to the K6 were used to classify respondents into two groups – those with a ‘probable serious mental illness’ and those with ‘no probable serious mental illness’. This report presents findings on the rates of psychological distress in young Australians, aged 15-19, the concerns that are related to high levels of psychological distress and the help seeking behaviour of young people.

Summary:

The main findings from this report include;

- Just over one fifth (21.2%) of young people met criteria for a probable serious mental illness.
- Females were almost twice as likely as males to meet criteria for having a probable serious mental illness (26.2% compared to 13.8%).
- Young people with a probable serious mental illness were substantially more uncomfortable seeking information, advice or support from parents (32.8% compared to 10.3%), relatives/family friends (34.3% compared to 14.5%) and teachers (49.6% compared to 29.2%) than those without a probable serious mental illness.
- Over 60% of young people with a probable serious mental illness were not comfortable seeking information, advice or support from professional services such as telephone hotlines, online counselling and/or community agencies.
- Coping with stress, school or study problems and body image were the top 3 issues of concern for young people.
- Aboriginal or Torres Strait Islander young people and those who reported to have a disability had considerably higher rates of probable serious mental illness (approx 32% compared to 20%) and support from friends (18.3% compared to 11.4%), the internet (21.7% compared to 13.6%) and magazines (50.5% compared to 36.2%) than females with a probable serious mental illness.

Looking at only those young people with a probable serious mental illness, there is a significant positive association between K6 scores and feeling uncomfortable going to community agencies, friends, the internet, magazines, parents, relatives/family friends, school counsellors and teachers for information, advice or support.

Key recommendations include:

- Targeting mental health in schools through awareness and early intervention programs.
- Promoting peer education and support.
- Reducing stigma that may prevent help-seeking behaviour in young people.
- Ensuring a whole of community focus on prevention and early intervention.
- Use of online initiatives to improve access, appeal and affordability of mental health services.
- Ensuring culturally appropriate service delivery.
- Building a better understanding of mental health issues among families and those working with young people.

www.missionaustralia.com
Parenting teens and tweens: resources for policy and practice

Middle childhood and adolescence (the “tween and teen years”) reflect the prime importance of parenting and positive family functioning to support young travellers on the journey to adulthood. Australia’s suite of longitudinal studies, including the Australian Temperament Project (now in its 33rd year) and the flagship, Growing up in Australia: the Longitudinal Study of Australian Children (LSAC), provide new insights into the positive pathways most children take on life’s journey, and into the factors that can place young people at risk of a range of problems and vulnerabilities.

There is a growing range of programs to support, strengthen and sustain families, including those that focus on promoting effective parenting practices. This fact sheet outlines some key statistics, then summarises some key research findings and finally, provides a brief overview of resources for policy makers and practitioner.

Statistics - One in five Australians are aged 12-24 years and 28% of all households contain a young person (Muir et al., 2009).

Two in three 12-19 year olds live at home with two parents (66%), and a further 20% live with one parent (Muir et al., 2009).

73% of 12-14 year olds have a mobile phone. Children born overseas and children from one-parent families are more likely to have a mobile phone (ABS, 2012).

One in five Australian young people were born overseas - mostly in Asia (6.6%) or Europe (2.6%) (Muir et al., 2009).

In 2006, around 63% of young people aged 12-24 years were engaged in some form of education (43% in secondary school, 20% in tertiary education, and 6% in vocational education and training) (Muir et al., 2009).

On average, young people spend 40 hours a week with their family and most report having close relationships (Muir et al., 2009).

The proportion of children who access the Internet increases with age, with 96% of 9-11 year olds and 98% of 12-14 year olds having accessed the Internet in the 12 months to April 2012.

One in four young Australians aged 16-24 years had a mental disorder in 2007, with anxiety, post-traumatic stress disorders and substance misuse the most common mental disorders. (Muir et al., 2009).

source: SESLHD School-Link Newsletter

Managing repeat homophobic & transphobic comments in schools

How often have your requests for students to NOT use the “gay” word fallen on deaf ears? Getting students to stop being homophobic or transphobic is a challenge many teachers and schools face as same sex attraction and gender diversity have a stronger representation in popular culture and the media and more students are sharing and expressing their gender identity and sexual orientation at earlier ages and in public ways at school.

Like racism and sexism, homophobia and transphobia are behaviours based on values of superiority over a group of people. Values take time to shift, so when interrupting homophobic and transphobic behaviours, bullying or language, teachers and school staff will be tested when students repeat the language or behaviour despite interventions.

While there isn’t a magic one-size-fits all strategy to solve homophobia and transphobia once and for all, the following list is intended as a loose strategy that may help change the culture in your school.

So what strategies can teachers use when students don’t stop using homophobic or transphobic language, for example “That’s so gay” or “You’re a dyke” etc? (Adapted from Safe to Learn: Homophobic Bullying; DCSF, 2007.)

First incident - Explain that homophobic language is offensive and not acceptable, referring to the School’s policies around bullying.

Second incident - Explain in more detail the effect that homophobia, transphobia and homophobic or transphobic language has on people and that like racist or sexist language will not be tolerated.

Third incident - Remove the student from the classroom and talk to them in more detail about their behaviour and why it is offensive.

Fourth incident - The student should understand the consequences if they continue to use homophobic or transphobic language. Have the student meet with their year advisors to discuss consequences.

Fifth incident – Escalate the matter to the executive team as needed or as appropriate. Involvement and support of the executive team in tackling homophobia and transphobia sends a strong leadership message that homophobic and transphobic language and behaviour are unacceptable and not tolerated.

Sixth incident - If involving the executive team still does not change the behaviour, invite parents in to discuss the attitude of their child. Ideally they will be supportive, but if the parents agree with their child that gay people should be treated differently, this does not mean homophobic or transphobic language, behaviour or bullying is acceptable. Explain the anti-bullying policy of the school and the National Safe Schools Policy Framework. Explain that all students should feel safe at school. Reiterate that they have an obligation to help schools uphold policies.

Dealing with the impact of homophobia and transphobia can sometimes feel like lonely work. Teachers, counsellors and school staff can access Twenty10 to speak with one of their helpful and supportive staff for support around challenging homophobia and transphobia, handling coming out and disclosures, or better practice principles for working with students of diverse genders, sexes and sexualities.

Guest Writer: Terence Humphries

www.twenty10.org.au or (02) 8594 9555 or e-mail info@twenty10.org.au

source: SESLHD School-Link Newsletter
Invitation

Youth Health Forum - Working with young people with backgrounds of multiple trauma

Date: 12th November
Time: 8.45 am - 12.30 pm
Venue: Auditorium Gosford Hospital

RSVP: Christine Desmond
Phone: 4356 9333
Enquiries: Fiona Lo - School-Link Coordinator
Telephone: 4328 7350 or 0414 193 139

headspace National School Support

headspace School Support is an initiative funded by the Federal Government, Department of Health and AgedING, that provides localised support to secondary schools affected by a suicide.

The service is flexible and is designed to respond to the individual needs of schools. Support is provided by working with relevant education bodies, local headspace Centres and other service providers.

How can headspace School Support help?

headspace School Support recognises the long-term impact associated with suicide and can offer support to school communities, both the immediate and the long-term if required.

Suicide Postvention Preparation Workshop for schools - Term 4
Wednesday, November 5th
8.30 - 11.30
Central Coast Leagues Club, Gosford

for more information contact
Fiona Lo - 0414 193 139

Download the free hSS resources

Mental Health Line 1800 011 511