



# Benalla P-12 College

Executive Principal - Tony Clark

Monday 11<sup>th</sup> November, 2019

Edition #33

## A MESSAGE FROM OUR PRINCIPAL

### COLLEGE VISION

*BENALLA P-12 COLLEGE ENSURES THAT EVERY CHILD LEARNS AND IS PREPARED FOR THE FUTURE THROUGH A COMMITMENT TO EXCELLENCE IN TEACHING, HIGH EXPECTATIONS AND POSITIVE RELATIONSHIPS IN A SAFE AND INCLUSIVE ENVIRONMENT*

### Remembrance Day

Today we took down a group of students, comprised of our College Captains and campus leaders, to take part in the Benalla RSL Remembrance Day ceremony. The students laid a wreath on behalf of the school and listened to speakers talk about the importance of remembering all those who have fought in conflicts to protect Australia. Our students all looked the part in full uniform with poppies and were excellent ambassadors for the College.

### Benalla Festival

Saturday afternoon the main street of Benalla was buzzing with excitement as the Festival Parade made its way up and down. Despite the cold and windy weather there was a good turn up of Benalla P-12 students. Led by our new College Captains – Ed, Jessie, Ebony and Isaac – about 30 students from a variety of grade levels, carried giant pieces of cake along, as part of our contribution to the event. The cake pieces were made by a group of secondary students in a workshop with an artist, organised by Art teacher Bridget Evans.

There were also a number of Benalla P-12 College students and staff in the parade as part of other community-based groups including the Scouts, the Benalla Hockey Club, Benalla Baseball Club, the Rose City Band, the Pony Club and the Benalla Theatre group (apologies if have left any groups out).

Thankyou to all the students and parents who came along to participate in and support the parade.

### VCE Art Showcase

On Friday night I had the great honor of opening the VCE Art Showcase at the Benalla Art Gallery. This is a fantastic event, where VCE students from across the north-east can apply to have their work from their VCE class this year displayed in a professional gallery space. The quality of the works is of an extremely high standard and there are pieces there representing a wide variety of media. They are still on display and I would highly recommend going along to have a look if you get a chance.

Two Benalla students had their work on display – **Matthew Moncrieff and Harrison Laity**. The newly appointed director of the gallery specifically commented to me about the quality of the work produced by these students. A great effort and something both boys should be proud of.

*Continued.....*

**TERM 4 DATES, MON 7<sup>TH</sup> OCTOBER- FRI 20<sup>TH</sup> DECEMBER**

## DATES TO REMEMBER

### MON 11<sup>TH</sup> NOVEMBER

2020 Kokoda Information Night  
6pm

Sir Weary Dunlop Building,  
Faithfull St Campus

### TUES 12<sup>TH</sup> NOVEMBER

Yr 9 Outdoor Ed- Mt Buffalo

### THURS 14<sup>TH</sup> NOVEMBER

SAKG- Spring Harvest Festival

Yr 9 Outdoor Ed- Mt Buffalo

Instrumental Music End of Year  
Concert

7pm- Faithfull St PAC

### MON 18<sup>TH</sup> NOVEMBER

YR 10 & 11 exams commence

### TUES 19<sup>TH</sup>-FRI 22<sup>ND</sup> NOV

**PNG School visits Benalla P-12  
College**

### WED 20<sup>TH</sup>- FRI 22<sup>ND</sup> NOV

#### **Year 8 Camp**

Introduction to Futuremakers,  
Lake Nillahcootie

### WED 20<sup>TH</sup> NOVEMBER

**Uniform Shop- Faithfull St  
Campus- D1**

10am-4pm

Final Uniform Shop for the year

### FRI 22<sup>ND</sup> NOVEMBER

#### **Year 9 Formal**

6pm- Faithfull St Stadium

## Our College Values

Respect  
Responsibility  
High Expectations  
Integrity

## PRINCIPALS MESSAGE CONTINUED.....

### Correction

Last week in the newsletter, I stated that the first day for students next year would be Thursday January 29<sup>th</sup>. This was an error, and should have been Thursday January 30<sup>th</sup>. My apologies for any confusion caused.

### Practice

A student commented to me last week, that they had completed 100 nights of reading. This is a great achievement, and highlights the importance of regular practice to achieve improvement. Whether it be reading or practicing spelling words at home, completing times tables at the start of a maths lesson or turning up to band rehearsals each week, repeated practice has been clearly shown to be one of the most effective ways to get better at something. This is why teachers factor practice into their lessons each and every day. It might be practicing a skill or knowledge learned weeks or months before, or it might be practicing something just learned that day.

Tony Clark  
Executive Principal

## THE RESILIENCE, RIGHTS AND RESPECTFUL RELATIONSHIPS CURRICULUM THAT IS TAUGHT ACROSS OUR COLLEGE IS MADE UP OF EIGHT TOPICS.

1. Emotional Literacy-the ability to understand, express, and manage our own emotions, build empathy and to respond appropriately to the emotions of others.
2. Personal Strengths-learn to recognise strengths and positive qualities in themselves and others. Strength based approaches promote student wellbeing, positive behaviour and academic achievement.
3. Positive Coping-provide students opportunities to identify and discuss different coping strategies so they are more likely to utilise a range of productive coping strategies and diminish the use of unproductive coping strategies.
4. Problem Solving-assist students to develop their critical and creative thinking skills, and to apply them to scenarios exploring personal, social and ethical dilemmas.
5. Stress Management-Recognise personal signs and symptoms of stress and to develop strategies that will help deal with stress effectively, will help students cope with future challenges.
6. Help Seeking-discuss the importance of seeking help and providing peer support when dealing with problems that are too big to solve alone. This helps to de-stigmatise and normalise help seeking behaviour.
7. Gender and Identity-this promotes respect for diversity and difference. Assists students to challenge stereo types and critique the influence of gender stereotypes on attitudes and behaviour. Examine key issues relating to human rights, gender and identity and focus on the importance of respect within relationships.
8. Positive Gender Relations-understanding the effects of family violence and focus on the standards associated with respectful relationships. Develop the skills needed to solve problems, set boundaries within relationships and play an active role in the prevention of family violence.

**RESILIENCE  
RIGHTS &  
RESPECTFUL  
RELATIONSHIPS**

## ATTENDANCE....EVERY DAY COUNTS!

**Did you know that being away from school for one day a fortnight is the same as missing school for 4 weeks a year. From prep to grade 6 that adds up to 7 months school missed and all the way up to year 12 is a huge amount of 1.5 years of missed school. Does your child have a day off a fortnight? Going to school is the single most important part of your child's education.**

**Students learn new things at school every day - missing school puts them behind.**

If you are having trouble getting your child/ ren to school every day, please pop in to see one of our student wellbeing team:

- Avon St/Clarke St Campus -Scott Greig 5762 1646
- Waller St Campus -Bron Greig 5762 2600
- Years 7-9, Faithfull St Campus -Lou McCloskey 5761 2777
- Years 10-12, Faithfull St Campus -Craig Carley 5761 2777

**We would love to support and work together with you to get your child back on track attending every day.**

Email: [benalla.p12@edumail.vic.gov.au](mailto:benalla.p12@edumail.vic.gov.au)

Web: [www.benallap12.vic.edu.au](http://www.benallap12.vic.edu.au)

Avon St  
Yrs F-4  
P: 035762 1646

Attendance Hotline  
035762 1646

Waller St  
Yrs F-4  
P: 035762 2600

Attendance Hotline  
035762 2600

Faithfull St  
Yrs 5-6 Hub  
P: 035761 2752

Attendance hotline  
035761 2747

Faithfull St  
Yrs 7-12  
P: 035761 2777

Attendance Hotline  
035761 2747

## AVON ST CAMPUS NEWS

### STUDENTS OF THE WEEK



Students of the week pictured above are Penny, Sophie, Alarna, Jacinta, Liam and Benjamin.

### GOLDEN SHOVEL AWARDS

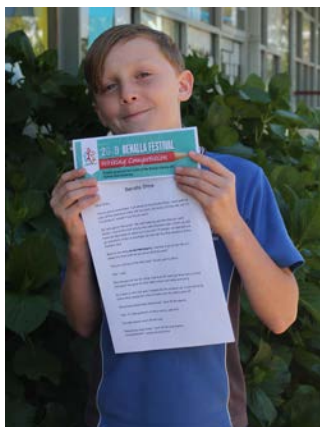


### RED APRON AWARDS



Red Apron award winners this week are Ben and Alex

### BENALLA FESTIVAL WRITING COMPETITION



Zac Fennell received a Highly Commended award in the Benalla Festival Writing Competition. Keep up the writing Zac!

### WOW AWARD



Mr Clark's WOW award goes to Harry Bowen who has been working hard on his Passion Project. Well done Harry!

### SCHOLASTIC BOOK ORDERS

**Scholastic Book Club Loop**  
**Orders close Wednesday 20<sup>th</sup>**  
**November 9.00am**

Dear Families,  
Please note Avon Street Campus will not be accepting cash or cheques for book club orders. All books can now only be ordered via the LOOP orders online

[www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP)

Details re ordering are located at the back of your current Book club catalogue.

For more information  
contact Scholastic Book  
Club  
1800 021 233





## PRIMARY CAMPUS NEWS

### WALLER ST CAMPUS WELCOMES TERRI

With Sharyn, our receptionist on leave this term, the Waller Campus welcomes Terri, our new receptionist. We have been trying to make Terri feel welcome with Ms Challis's prep class sneaking up very quietly to surprise Terri with a big welcome! Terri has been very busy meeting all the students, families and visitors. Terri has been with the Benalla P-12 College for just over 2 years now and has loved meeting so many of our wonderful families and looks forward to helping assist Waller St Campus to grow even more!



### FOUNDATION TO YEAR 2 SWIMMING PROGRAM

The F-2 students have recently participated in a 5 day swimming program at the Benalla YMCA. They learnt about how to be safe in the water and worked on their swimming techniques.



### CRICKET BLAST SCHOOLS CUP

On Friday 1<sup>st</sup> November selected Year 4-6 students competed in the Cricket Blast Schools Cup at the Arundel St ovals in Benalla. Benalla P-12 entered 8 teams and performed well throughout the day. There was great sportsmanship shown by students helping out opposition teams who were short and plenty of cheering for team mates. The Year 5/6 boys team and Year 5/6 girls teams both played in grand finals against St John's Primary Euroa. It was a tight contest with St John's winning out in both games. We also had our senior Sport and Rec students umpire the games all day, so a big thank you for assisting with this event.





## FAITHFULL ST CAMPUS NEWS

### US PRIDE

Safe and inclusive schools benefit all students and are key to students reaching their full potential. National and international research shows that positive school environments lead to better academic results, increased confidence and better attendance at school. Research also shows that, right now, many LGBTI students face negative experiences in Australian schools. At our college we are committed to a safe and inclusive learning environment. The College has a support group called Us Pride, for any students that identify as LGBTI and their allies. The group meets each Thursday fortnight at 12.30pm in the Be You room, D1 and is facilitated by Georgie Poort from the Diversity in Schools Program. Us Pride meeting dates for the rest of the year are 21/11 and 5/12. Supportive students are welcome to attend.



### YEAR 9 STUDENTS TRIAL NEW CAREER PORTFOLIO

Last week, ten of our Year 9 students were selected to trial a new online initiative of the Department of Education and Training. In addition to the Year 9 Morrisby assessment and interviews that were conducted earlier in 2019, this opportunity will be available free of cost to all students in Government Schools from Years 7 to 12 in 2020. Nicole Hochuli, Senior Regional Pathways Officer for North-Eastern Victoria Region, travelled to Benalla to introduce our students to "My Career Portfolio". Students completed a Career Action Plan activity and explored how this program can store their resumes, classwork, Morrisby results and career research. They provided feedback to Nicole about the ease of use of this program and made suggestions for improvement.

In 2020, Benalla P-12 College will use this resource to complement the 'Career Intensive and Portfolio Development Program' which currently begins in Year 9 and is revisited in Years 10, 11 and 12."

Sue Oakley  
Pathways to Retention Coordinator



NICOLE HOCHULI (DET)  
WORKS WITH YEAR 9  
STUDENTS TO COMPLETE  
CAREER ACTION PLANS


### HANDS ON LEARNING STUDENTS SET SMART GOALS

As part of the 'Hands on Learning' program all students complete daily focus plans that they revisit and assess at the end of the day. In order to enhance their understanding of goal setting one of our senior students, Jessie Gervasoni, visited our students and spoke about her journey through junior and middle years of education at Benalla P-12 College. She emphasised the importance of having goals both within and outside of school that have led her to be selected for a leadership position in 2020. Students also asked her about our new senior school learning environment and opportunities that come from Year 12 completion.

-Sue Oakley (Pathways to Retention Coordinator) and Pip Rowe (HOL coordinator)



JESSIE SPEAKS TO HOL  
STUDENTS ABOUT HER  
PATHWAY AND GOALS FOR  
THE FUTURE



**SPORTSREADY**  
EDUCATION & EMPLOYMENT

**Sport & Recreation Traineeship**

Are you finishing off Year 12 and Interested in joining  
**Benalla P-12 College** as a Trainee in 2020?

Get off the bench & Kick start your career

**Details**  
12 month traineeship  
Earn while you learn  
Certificate III in Sport & Recreation  
Or  
Certificate IV in Sports Management

**Application**  
Job application meeting selection criteria is due in to the general office by  
Wednesday the 20th of November / 2019

To get the selection criteria & for more information on how to apply contact

Mr Clark or Mrs Cairncross  
At the Faithful Campus.

For more information on what the traineeship involves contact :

Michael Caruso  
P: 0416 274 572  
E: michael.caruso@afisportsready.com.au  
**afisportsready.com.au**

## FAITHFULL ST CAMPUS NEWS

### DR & NURSE SERVICE

The Dr & Nurse service is available every Tuesday from 9am-12.30pm.  
**To make an appointment, just call or text 0427 752 398.**

Alternatively, you can arrange an appointment by contacting Craig Carley or by attending the surgery during the walk in sessions from 10.30am -11.15am.

**Dr & NURSE SERVICE**

EVERY TUESDAY

9AM - 12:30PM

CALL OR TEXT MESSAGE FOR APPOINTMENT:

**0427752398**

Private, confidential & free



Alternatively you can arrange an appointment by seeing Craig Carley or turn up to the surgery during the walk in sessions from 10:30 to 11:15

## PARENT & RELATIONSHIP EDUCATION PROGRAMS

### TUNING INTO KIDS- EMOTIONALLY INTELLIGENT PARENTING (2-10 YEARS)

Venue: Pangerang Community House, 38 Ovens St, Wangaratta  
Date: Fri 8<sup>th</sup> Nov- 6<sup>th</sup> Dec  
Time: 10am-12pm  
Call: 03 57 23 2000 to book your place.

### POSITIVE PARENTING TELEPHONE SERVICE

Venue: Free call telephone service  
Date: ongoing  
Time: day & evening appointments  
Phone: 1800 880 660

## AFTER SCHOOL CARE NEWS

### UPCOMING ACTIVITIES

To view the activities and afternoon tea menu, click on the following link:  
<https://benallap12.vic.edu.au>

### HOW TO BOOK:

Bookings can be made by contacting:

**Waller Street Campus:**  
57622600 or Mob 0407 715 660

**Avon Street Campus:**  
5762 1646 or Mob 0428 014 133

## FAMILY RELATIONSHIP ADVICE LINE



**1800 050 321**

- Strengthening family relationships
- Helping families stay together
- Assisting families through separation

Monday to Friday 8am to 8pm local time  
Saturday 10am to 4pm local time  
Closed Sundays and national public holidays



# Outdoor School Future Maker EXTENSION PROGRAM



These programs are for students who will be in Year 10 in 2020, and who have participated in the Outdoor School's Future Makers program during the 2019 school year. Application forms and sample videos can be found on our website at <http://www.outdoorschool.vic.edu.au/extension-programs/2455/>, or use the links listed below to directly access the online application form.

We currently offer three extension programs to Year 10 students who have completed the Future Maker Program in Year 9:

## Summit to Sea

One of the best wilderness journeys possible in Australia, a twenty-one-day expedition from our highest mountain, Mt Kosciusko, all the way to the ocean at Marlo. We move through some of the most scenic and diverse environments in South Eastern Australia, using snowshoeing, bush walking and white water rafting as modes of transport.

<https://www.surveymonkey.com/r/NKK77K3>

## CEDA Nepal

The CEDA (Cultural, Environment, Development & Adventure) Nepal program provides students with a rounded experience in a developing country with some of the most spectacular mountain scenery in the world.

The four aspects of the program that are addressed are:

Cultural – students experience world heritage listed cultural sites both within the cities and countryside of Nepal.

Environment – students will address the competing environmental issues in some of the most spectacular locations in the world.

Development – students will have the opportunity to contribute to a local Nepalese development project and make a real difference to a community and its people.

Adventure – students will be a part of a multi-day trek, camping in tents and exploring the local environment in the Solo Khumbu region of Nepal. This area will enable students to access the Himalayan mountain range.

<https://www.surveymonkey.com/r/CEDA2020>

## Kimberley

'A cultural learning experience of a lifetime'

Outdoor School is offering an exciting educational learning adventure in the form of a eighteen day extension program at JARLMADANGAH BURRU ABORIGINAL COMMUNITY. As well as having the opportunity to go 'bush' and experience the history and culture tied to living on the land students will be immersed in the daily workings of this remote Indigenous community in the Kimberley region of Western Australia.

<https://www.surveymonkey.com/r/LPNYQ5W>

## WELLBEING NEWS

### RESOLVING FAMILY CONFLICT

Disagreements are a healthy part of family life. We're all individuals with different ideas, personalities and ways of doing things, and we all want to control the TV remote!

And while we shouldn't expect to agree all the time, ongoing conflict and tension can cause stress and damage our relationships. Resolving family conflict effectively also teaches kids how to negotiate and reach compromises, setting them up for strong relationships throughout life.

### IT STARTS WITH YOU

As an adult, you set the tone for your home, and the children and young people in your family will mirror your behaviour. If you shout or use physical aggression to deal with conflict, kids will think this is the way to get their point across or win a disagreement.

If you have an argument with another family member, try to model anger control by taking time to calm down before revisiting the issue. It's important to show kids that although conflict is inevitable in life, it can be dealt with effectively.

### DEVELOPING CONFLICT MANAGEMENT SKILLS

**Cooperation:** Get kids to help solve conflict together. It's important that you help them approach conflict in a positive way, and believe that they can work together to solve it.

**Managing emotions:** It can be really difficult for kids (and adults) to keep their cool in a conflict situation – especially if they feel they're being accused or blamed. Reacting aggressively or withdrawing from the situation are common responses. It can help to take a bit of time out to let everyone calm down before returning to the problem.

**Empathy:** Teach kids how to listen to, and understand, the needs and concerns of other people. Help them to ask why the other person wants something and consider what it might be like to be 'in their shoes'.

**Communication:** Learning to speak clearly and respectfully takes practice. You can help kids practise positive ways to ask for what they want: "I would like you to ask before using my things."

**When enough is enough:** Some issues are too big for kids to work out and the conflict continues to escalate. If the conflicts become very intense or lead to physical aggression, then it is important for you to step in. When a mutual solution is not possible, you can still help your child to think through the alternatives that are available to him or her and choose the best one.

### SIX STEPS TO CONFLICT RESOLUTION

Try this step-by-step approach to working through an issue. You can also use these principles to sort out disagreements with your child or young person.

**Step 1.** Help kids see conflict as a problem they can sort out fairly with help. For example, you might say: "It looks like there's a problem here. I'm sure if we talk about it we can sort it out."

**Step 2.** Get each child to explain how they see the conflict. Get them to focus on what they want or need, and what their concerns or worries are, rather than blaming the other person.

**Step 3.** It's helpful to restate each person's concerns so everyone's on the same page. For example, "So, you're worried that you won't get a turn; and you're trying to make it to the next level of the game and you're worried that if you stop now you won't get to it."

**Step 4.** Get each child or young person to suggest at least three different solutions. For example, "What are some ways to solve this so you can all feel OK about it?" If they can't think of any, offer some ideas for them to think about.

**Step 5.** Help them agree on a solution that will work and put it into action.

**Step 6.** Praise them for sorting it out.



# CHRISTMAS TOY DRIVE

Benalla P-12 College is assisting Vinnies Benalla with their Toy Drive.

The toys will go with the Christmas Hampers, and will go to families in need in our Benalla Community in time for Christmas.

If you would like to assist with this worthy cause, please drop your toy/s to any of our Campuses before Friday 6<sup>th</sup> December 2019.

There is no need to gift wrap, Vinnies will do this.

Gifts do not have to be expensive, just whatever you wish to donate.

We thank you for generosity and assisting this worthy cause.





## A taste of falafel and independence

by Lenore Skenazy

School is in full swing in the United States, which means that some lucky students are about to undergo an enormous, transformative experience. It does not involve a test. At least not on paper.

It involves doing a Let Grow project – a radical new homework assignment where the kids’ task is to go home and do one thing on their own that they haven’t done yet. These activities that might sound simple or scary, depending on how much local news you watch: Walk the dog. Make dinner. Run an errand.

Here’s what some 6th graders in my city – New York — discovered:

“Going home by myself gave me many different feelings. I found it fun, because I was finally able to take the bus all by myself! Also, when I got off, I walked to my building — 8 blocks in total. My fear of going home alone disappeared. I am so happy I forced myself (and I also forced my parents) to go home alone. Now I am allowed to do it every day!”

See? That was a transformative afternoon for that girl. Here’s a boy whose mother allowed him to get a snack on his own:

“After the eternity of waiting, the school day is over. I think to myself: ‘Where to start? So many things to see!’ I figure that if I was going to be a new and independent me, I should try new things. So, I go to the falafel place and order falafel with sour cream and salad. I have never eaten sour cream before. I feel nervous and I hate that. It is all because my parents always keep a really close eye on me. I’m so accustomed to them watching me that not being watched is abnormal. The pita sandwich finally comes. I have one bite of the sloppy mess and think, ‘OH. MY. GOD. FANTAAAAABULOUS!!’ It was one of the best meals I ever had. I eat until I notice my plate is empty.”

And now from a boy who’s exaggerating his fears...I hope:

“Being 11, I feel more independent than ever. I have decided to risk my life and make an egg sandwich, all by myself, and eat it too. This task is harder than it may seem. I am going to use a flame to cook eggs, all independently.... I transfer the eggs to the pan. I am a little nervous now, since I can easily touch the flame right then and there.”

He manages to make the eggs, as well as the toast, even though, he writes, “in the process I could easily burn myself.” He survives and eats the sandwich: “Yum.”

Last story, this one from a girl:

“Everyone says that when you’re on an adventure, you’ll travel far. I don’t believe this to be true. In fact, today my



adventure led me to a neighbourhood cafe, Così. I have been begging my parents to let me go somewhere on my own. Today, they finally caved. They sent me off, cell phone in hand, and told me to have fun. I felt as if I was a bird who had broken free of her cage.”

Naturally, she has to call her parents the second she arrives safely. But, it's a start.

All these adventures are. Maybe they seem small, even silly, but in a culture that has created mountains of fear around every childhood experience, these kids have started their climb. Pretty soon, they'll be ready to fly.

You can view videos and info on the [Let Grow Project](#). There's a letter to send to parents, an instruction sheet for teachers, a list of activity ideas for the kids, and an optional worksheet. All Let Grow's materials are downloadable and free of charge.

[You can attend our upcoming webinar, Brave parenting in a culture riddled with worry, at no cost!](#)

## About the webinar

This webinar is designed to help parents understand where their anxiety about their kids comes from, and why they don't let their kids do half the stuff they did growing up.

Hear from Lenore Skenazy, President of Let Grow, a non-profit promoting childhood independence and resilience, and founder of the Free-Range Kids movement. Lenore will talk about ways to make it easy and normal to start loosening the reins so both generations get more freedom.

## When

Wednesday 27 November 2019 8:00pm AEDT.

## Price

This webinar is \$37 per person to attend, and is free of charge to families at schools with a Parenting Ideas membership.

## How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-brave-parenting-in-a-culture-riddled-with-worry>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **BRAVE** and click 'Apply Coupon' (valid until 27 December 2019). Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'

# Dealing with relationship break-ups



headspace

National Youth Mental Health Foundation



## Dealing with relationship break-ups

Relationships break-up for lots of reasons. Often it's no-one's 'fault' and nobody is to blame – instead, things just aren't working out.



A break-up can bring a sense of relief, especially if the relationship was making you unhappy. However, it can also bring on a range of difficult feelings such as denial or disbelief ("it's not really over"), guilt, sadness, anger, or fear, and may lead to feeling rejected, lonely or confused.

## Dealing with a break-up

It's normal to feel sad after a relationship split and it can take time to get over the loss of a relationship. You might feel as though your world has turned upside down and that things will never be good again. The strength of your feelings might be overwhelming. You might cry, feel restless, or have less motivation or energy to do things. Your appetite and sleep might also be disturbed.



## Some things to remember



**Whatever you're feeling now won't last forever.** It may take time before you feel you have 'moved on', but you will. Take it one day at a time and realise that there will be good and bad days.



**If it was your decision to end the relationship it doesn't necessarily make the break-up any easier to deal with.** It's still normal (and okay) to feel upset and to miss the other person.



**The end of a relationship doesn't mean that there is anything wrong with you.** Try not to take it personally – relationship break-ups are common.



**You don't have to be in a relationship to feel happy.** It's better to not be in a relationship than to be in a bad one.



**It's okay to feel angry or hurt, but be sure you are safe in how you express your feelings.** Don't act out your anger or do spiteful things. Don't follow your ex around, call them all the time or harass them online. This sort of behaviour is not acceptable and will make you feel worse in the long run.



**Try not to feel embarrassed or to worry** about how the situation will look to others.



**Remember that break-ups can have a positive side.** You can learn more about yourself and what you want from future relationships. You can develop coping skills, become more independent, have more time to spend with friends and do the things that you enjoy.



It is important to remember that with time and support most people pull through relationship break-ups, sometimes coming out stronger at the other end.





# Dealing with relationship break-ups



## Some things that might help you feel better after a break-up

- **Let yourself be upset.** Dealing with your emotions will help you heal and feel better.
- **Look after yourself.** Try to eat healthy, keep sleeping and exercise routines.
- **Be realistic when thinking about your ex** and the relationship. It's common to remember only the good things about the person and the relationship. But be honest with yourself – it's rare for a relationship or a person to be perfect. Remembering the things that weren't so great will make it easier to move on.
- **Try to limit how much you think about your ex** by finding

things that will distract you. Think positively and try some new things.

- **Give yourself some space.** You don't need to shut your ex out of your life but it might be helpful to try to avoid him/her for a while after the break-up.
- **Keep busy.** You might find yourself with too much free time on your hands, especially at weekends. Plan ahead and do things that you usually enjoy.
- **Take time out for you.** Do things that you find relaxing, like going to a movie, playing or listening to music, meditating, reading or playing sport.

- **Treat yourself.** Buy yourself a treat or do something that you really like.
- **Talk to friends and family** and others who can support you. It's okay to want some time to yourself but being with supportive people can also be a big help. You can also get a different perspective by talking things through with others.
- **Don't use drugs or alcohol** to deal with the pain. Alcohol and drugs might help you feel better at first but the after-effects will leave you feeling much worse.
- **Give it time.** Allow yourself some time to cope with the change.

## Breaking up with someone

If you're breaking up with someone, try to be considerate in ending the relationship. Think about how you would want to be treated in the same situation.

Try to end things in a way that respects the other person, but be honest. Clearly state that the relationship is over and why. Understand that the other person is likely to be hurt and perhaps angry about your decision.

End the relationship face-to-face wherever possible, rather than by text, Facebook or by email.

## When your ex moves on



It can be especially hard when you find out that your ex has a new relationship. If this happens:

**Try to avoid thinking about them** being with someone else as it can be really painful.

**Don't contact your ex** or lash out at them for being in a new relationship. It won't make you feel any better.

**If you are struggling with anger or jealousy** you need to make sure you stay safe when dealing with these feelings. Talk to somebody about it and get some help if you need it.

## Thinking about a new relationship?

Take all the time you need in beginning another relationship. Think about what you want in your next relationship but try to feel confident about being single for a while.

## When should you get some help?

Break-ups hurt but people usually get over them in time and without any serious problems. Sometimes a break-up can play a part in a person developing other problems such as depression. If you are struggling to move on after a break-up, or if you feel unsafe in any way, it is important to talk things through with someone you trust. This may be a friend or family member. If you'd prefer to talk to someone outside your family and friends, your general practitioner (GP), a counsellor, or someone at your local **headspace** centre can provide you with confidential support.

### HELP!



**headspace**

National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)





THE UNIVERSITY OF  
MELBOURNE

“It takes a village”

Department of Rural Health

Public Event

## Preparing young people and the community for wellbeing

**Professor Lindsay Oades**  
Director of the Centre for Positive Psychology, MGSE,  
The University of Melbourne

The University of Melbourne, Department of Rural Health bring you a Public Lecture by Professor Lindsay Oades.

Lindsay is an internationally recognized wellbeing scientist and wellbeing public policy strategist. He is a board member for Action for Happiness Australia and has consulted to the Australian Mental Health Commission and NSW Department of Education and he won an Australian Government citation for contribution to student learning. Lindsay's vision is for every Australian school child to have a personalized wellbeing plan.

With the emergence of wellbeing science, including positive psychology, there is increasing evidence of what leads to wellbeing; economically, socially and psychologically.

After providing an introduction to wellbeing and positive psychology, it

will be argued that we need to help prepare our young people for wellbeing by:

- Working with communities (including schools, families, workplaces, sports clubs etc.) rather than only individuals
- Adopt approaches to wellbeing that include positive functioning and not only the absence of illness
- Move beyond the present to the future
- Focusing on how we communicate about wellbeing as a key enabler (i.e. wellbeing literacy)

The example of positive psychology in classrooms from Maroondah City Council (near Melbourne) will be described.

Young people and communities can be prepared to experience wellbeing. This is an alternative to focusing only on removing the bad.



### Event Details

**Date:**  
Thursday 21st November, 2019

**Time:**  
5:30pm - 7:00pm

**Venue:**  
The University of Melbourne  
Department of Rural Health  
49 Graham Street  
Shepparton VIC 3630

**Enquiries:**  
Di Doyle P. 5823 4512 or  
E. [ddoyle@unimelb.edu.au](mailto:ddoyle@unimelb.edu.au)

**Bookings:**  
Bookings are essential for this free public lecture. Register at [www.trybooking.com/BGIQM](http://www.trybooking.com/BGIQM)