

**Principal: Rosina Fotia   Assistant Principals: Isabella Phillips/Tim Wright**

**Issue: 6   Volume: 21**

**Date: July 2021**

## COLLEGE CALENDAR 2021 – AUGUST

Wednesday 11 <sup>th</sup> August	Year 8-11 2022 subject preferences due
Thursday 12 <sup>th</sup> August	Year 12 GAT
Thursday 12 <sup>th</sup> August	Year 12 Formal
Sat 28 <sup>th</sup> & Sunday 29 <sup>th</sup> August	Duke of Ed overnight camp
<b><i>Please Note: all dates and times are subject to change</i></b>	

## PRINCIPAL'S REPORT

Welcome to Term 3. Given the forced interruption, the term has started very smoothly. The College did have to cancel the Mid-Year Music Concert but has managed to find an alternative time for the Year 10 Formal. Disruptions aside, the focus on teaching and learning is quite evident online and in the classroom.

### Learning Focus

Literacy and Numeracy priorities remain a focus for staff. This term, staff will look to increase the number of ways in which student voice and agency can be used in curriculum design and in teacher feedback. During SELF, students will reflect on their Semester 1 results and will be asked to identify personal areas of strength and areas for improvement. For many students, this will inform their decision-making process as they begin to consider career options and nominate their subjects for the 2022 school year.

### NAIDOC Week

This year the College celebrated NAIDOC week during the first week of term. NAIDOC 2021 invites the nation to embrace First Nations cultural knowledge and understanding of Country as part of Australia's national heritage, and equally respect the culture and values of Aboriginal peoples and Torres Strait Islanders as they do the cultures and values of all Australians.

This year's theme is Healing Country. Healing Country means finally resolving many of the outstanding injustices which impact on the lives of our people. It is about hearing and actioning the aspirations of Aboriginal and Torres Strait Islander peoples which are the culmination of generations of consultation and discussions among our nations on a range of issues and grievances.

Students at the College have respectfully participated in structured lessons around this theme and ran a sausage sizzle, with funds raised being donated to the Cathy Freeman Foundation. This foundation supports Indigenous students to experience their full potential in schools across the country.

Thank you to Ms Draper-Nagas for her leadership of the First Nations Program.

**Absence Hotline: 9735 7040**

**Email: [lilydale.heights.co@education.vic.gov.au](mailto:lilydale.heights.co@education.vic.gov.au)**

**Visit: [www.lilydaleheights.vic.edu.au](http://www.lilydaleheights.vic.edu.au)**

## Principal's Report (continued)...

### Duke of Ed

Congratulations to the following students on achieving significant award status with the Duke of Edinburgh Program:

Trak Buller	Silver Award
Bella Theophanous-Maddison	Silver Award
Gemma Giambalkaris	Bronze Award
Katlin Ganya	Bronze Award

The Duke of Edinburgh Program is an internationally recognised program which encourages young people to explore their full potential and help equip them for life and work through participation in community service, learning a skill, physical activity and participating in group overnight journeys and expeditions. This program develops: confidence, resilience, determination, leadership, planning, problem solving, communication, creativity, adaptability, capacity building and leadership; qualities that the College and community have identified as pivotal to success in adulthood.

Thank you to Ms Rayner for her leadership of the Duke of Edinburgh Program.

### Morrisby Report

Despite the lockdown, Year 9 students have successfully commenced their Career Insights interviews via WebEx. My Career Insights is a program aimed at helping students to better understand their strengths and interests, to inform their subject selections for senior secondary school and beyond. It is available to all Year 9 students in Victorian government schools. Students have completed the assessment during SELF classes and met one on one with a qualified careers professional employed specifically for this program. This is the third year of this program and it's wonderful to see the unique skills that every student identifies through the Career Insights Program. This information is available to students for life via the login they have created. We look forward to hearing from students about their learning now that we have returned onsite.

### Independent Reading

A reminder that the Independent Reading Program is an integral part of the Literacy Program at the College. For 20 minutes every day, students and teachers from Years 7- 10 read independently in class. The choice of reading material is up to each individual. The benefits of reading are far reaching and include:

- Improvement of literacy skills
- Mindfulness
- Increased understanding of self and others

You can support your child's reading by discussing reading with your child and ensuring they have access to appropriate reading material in the home.

### Music Camp

In lieu of the annual Music Camp, this year students in the Music Program participated in two days of music workshops on site. This alternative proved very popular with staff and students. The workshops provided opportunities for students to explicitly work on improving their technique, work and practice in small and large ensembles as well as perform in front of peers. Congratulations and thanks to Chris Ferre and the Instrumental Music Staff on their commitment to the success of this program.



### Weather Station Launch

The College is pleased to announce the launch of its own "Weather Station". Situated in the Sustainability Hub, the weather station provides readings on temperature, rain, wind and humidity. It can be accessed by all members of the community and will be used as a data source in many of our classes. Check it out at: <https://www.wunderground.com/dashboard/pws/IMELBO2771>

## Principal's Report (continued)...

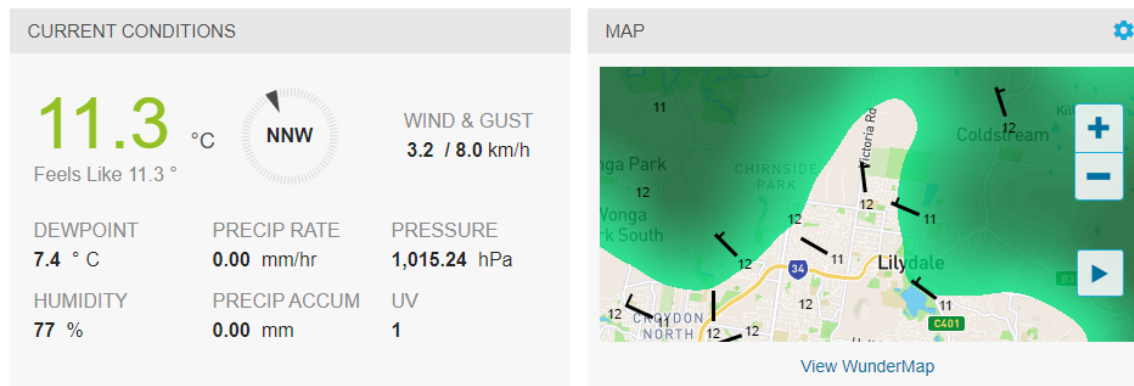
Elev 103 m, 37.74 °S, 145.34 °E

# Lilydale Heights College Sustainability Centre - IMELBO2771

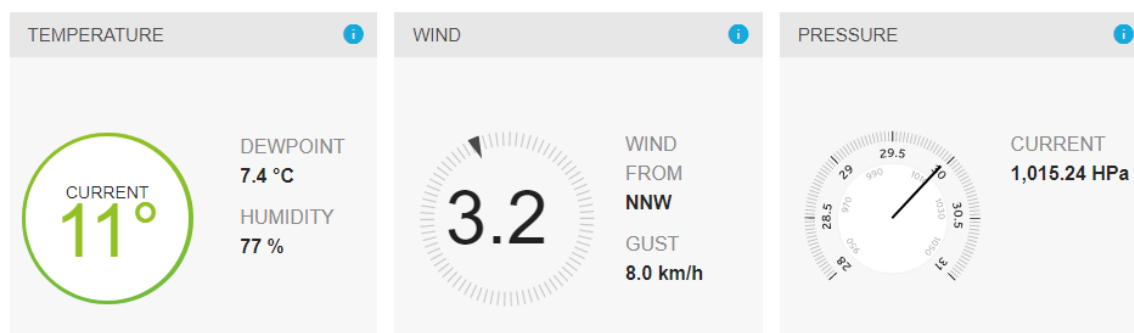
FORECAST FOR MELBOURNE, AU

## Station Summary

● Online(updated 2 minutes ago)



## PWS CURRENT CONDITIONS



## Parent/Guardian/Caregiver Opinion Survey

Our school is conducting a survey to find out what families think of our school. The survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected families (previously known as the Parent Opinion Survey). It is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, student engagement and experiences of remote and flexible learning. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

All responses to the survey are anonymous. This year, the survey will be conducted from Monday 19th July to Sunday 22nd August. The survey will be conducted online, only takes 20 minutes to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. Last year we used the survey results to direct staff priorities related to student voice and agency and to increase the scope of activities designed and led by the SIRC (Student Interact Representative Council).

We value your feedback and [encourage you to take the time to complete the survey.](#)



**Rosina Fotia, Principal**

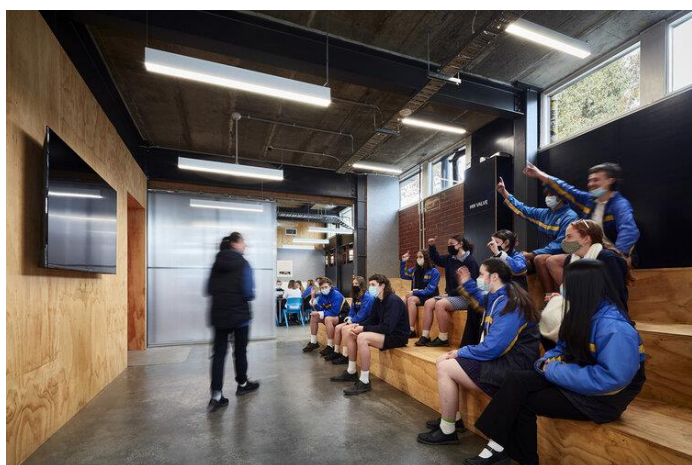


## BUILDING WORKS UPDATE – JULY 2021

The exciting redevelopment of Lilydale Heights College is continuing. The aim of the Building Works has been to update the College with state of the art facilities whilst continuing to deliver the teaching and learning program for all of our students.

### STAGE 1 – SUSTAINABILITY HUB, TOWN SQUARE AND STADIUM

It has been exciting to see our students using all of the Stage 1 facilities. Students have been completing class in the Sustainability Hub and also cross curricular projects. It has also been terrific to see students enjoying the Town Square. Whilst we are still in the practical completion period until 2022, it gives us the opportunity to fine tune the facilities.





## ***Building Works Update – July 2021 (continued)...***

### **STAGE 2 – MIDDLE SCHOOL (C-WING), WELFARE HUB AND LIBRARY ENTRANCE**

Stage 2 is currently out to tender with builders to be awarded the project shortly.

The aim will be for the project to begin by the end of this term. This will mean decanting of C-Wing. The College will be relocating the Middle School lockers and staff office. We will support the students through this change. It will also mean that our Middle School students will be moving around the College more than they currently do. This will be a minor adjustment to ensure that the continuity of the student program is maintained.



### **STAGE 3 – TECHNOLOGY (E WING) AND SENIOR SCHOOL (B WING)**

Stage 3 is rapidly progressing, hot on the heels of Stage 2. Staff and students have been contributing to the design to ensure that our students will get access to state of the art technology facilities. The drawings for the Maker Space, Digital Maker Space and Machine Rooms are progressing with input from the teachers. Stage 3 also involves the designing of brand new Science Labs and Kitchens, including an all new Valleydale Restaurant.

These works will be staged to ensure the continuity of the student program, whilst ensuring that we upgrade our facilities. The final designs are being worked on and developed and we will provide information about the decanting process during Term 4.



## SPORTS REPORT

The end of Term 2 saw nearly 80 Year 7 students head out for Interschool Soccer, Badminton, Netball and Footy - and what a great day!

Well done to the Girls Soccer and Boys Badminton who won their competitions and will now be competing in the Eastern Metropolitan Region competitions. Also, great work by the Football team who came 2nd by only 11 points and the Netballers who came 3rd and 4th.

Term 3 will be another busy term, not only with Interschool Sports but with some of the College teams representing the Yarra Group in the Eastern Metropolitan Region events as well. The following teams will be playing in the EMR competitions this term:

- Senior Girls Badminton
- Junior Girls Footy
- Year 7 Girls Soccer
- Year 7 Boys Badminton
- Year 8 Girls Badminton
- as well as the EMR Cross Country and Yarra Group Athletics

Restrictions have postponed some of these events, but they will all be rescheduled when the restrictions ease. In the meantime, practising at home is a great way to get in your couple of hours of exercise during restrictions, as well as keeping fit and moving away from your computers!

Wishing everyone involved all the best and have great games when the time comes!

Sonya Tamos – Interschool Sports Co-ordinator.





## YEAR 7 BOYS AND GIRLS SOCCER

On Thursday 24th June, the Year 7 Soccer Team went to Manson Reserve to play against three other schools - Lilydale High School, Emerald Secondary College and Yarra Hills Secondary College.

### Boys

During the first match against Lilydale High, we started with a tough fight but Lilydale High started to attack more which lead to a 13-1 loss to us. For the second match when going up against Emerald Secondary College, we worked on our flaws which were passing and being more defensive. We had plenty of attacking chances but couldn't finish, which lead to an upsetting 5-0 loss. During the third and final match we played Yarra Hills and didn't have the chance to score against them and they took advantage of our weak passes, resulting in plenty of chances to score for them, leading to a 8-0 defeat. However, we showed an impressive amount of challenge and respect. I think Asher was one of our better soccer players, he was able to strategize about what we could've done better and he helped create chances for us to score.

Josh W. 7B



### Girls

Going out to play soccer for inter-school sports to represent Lilydale Heights was a really fun and exciting day. We got to meet new people and bond with team mates in a new sport for some of us. Everyone on the team played in positions and roles that helped us create scoring chances against Emerald. Our three goals all came from strong defensive efforts and counter attack plays. We continued to help each other the whole game, only conceding 1 goal and getting a 3-1 win! We will go through to Eastern Regionals in early Term 3 😊

Chloe W. and A.S.P. 7B



## YEAR 7 NETBALL

On Thursday 24th June, the Year 7 Interschool Girls Netball teams went out to represent LHC in Kilsyth. Each team played four games and everyone had heaps of fun. The teams finished 3rd and 4th and everyone got to try new positions, and worked well as a team, as well as learning new skills throughout the day. It was a great experience and hopefully it will be just as good next year.

Ivy Connor 7C



## YEAR 7 BADMINTON

On Thursday 25<sup>th</sup> June, three teams of Year 7 students from Lilydale Heights competed in Interschools Sports Badminton. It was an amazing opportunity and everyone had heaps of fun with their teammates, as well as making new friends on the way.

The three teams from our school each played four rounds (the boys teams) and two rounds (the girls team). The girls team came 3rd place, competing against two other teams from different schools and our two boys teams placed 1st and 2nd out of seven teams after competing against each-other; Lilydale Heights against Lilydale Heights, in the finals!

It was so much fun, and we hope it'll be just as awesome next year!

Michaela Blake, 7C





## FIRST NATIONS OF LHC

After a big start to the year, we have kick-started Term 3 with our NAIDOC Week celebrations. NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. This week is a wonderful opportunity to participate in a range of activities to support the oldest continuing culture in the world. The theme for NAIDOC this year was “Heal Country” which calls for all Australians to protect and care for our lands, waters, sacred sites and cultural heritage from exploitation, desecration, and destruction.

At LHC, we celebrated NAIDOC both inside and outside of the classroom!

Inside the classroom:

Teachers facilitated two NAIDOC SELF lessons across all year levels (7-12), which required students to develop an understanding of NAIDOC, unpacking what it is, the importance of Country, and how we can collectively contribute to healing Country as a school community. In these lessons, the students had the choice of completing one out of four tasks to go into the running in a year level competition that reflects on the Creation Story in our new Town Square. The winner from each year level will win a prize and a certificate.

Outside the classroom:

Staff and students came together during lunchtime on Thursday 15th July to have a sausage and hash brown sizzle with all profits donated to the Cathy Freeman Foundation.

Staff were invited to attend a NAIDOC Staff Movie Night to watch a screening of *In My Blood It Runs* in our Performing Arts Centre on Thursday 15th July. Staff were encouraged to donate what they could to attend, with funds donated to Children’s Ground. Staff laughed and cried during the film whilst eating the yummy food provided by Sharon Francis and Nicola Boyle.

As a school community, we collectively raised \$590 for the Cathy Freeman Foundation and Children’s Ground. We are incredibly proud of our efforts for NAIDOC this year and we are excited to see what next year will bring.

Gratitude and thanks to all staff and students involved, with special mention to the following staff members - Sharon Francis, Tim Chapman, Nicola Boyle, Tim Wright and Anne Wilkins; and our deadly students who donated their time, Tom Duff-Rankine, Tahlia Tweedie, Johnny Sanfilippo, Rhianna Overson and Spencer Smith.



## First Nations of LHC (continued)...



Tanna Draper Nagas – First Nations Advocate



## MIDDLE SCHOOL FABRICS

Ash Stallworthy from Year 10 Fabrics created this stencil by cutting vinyl on the school's new cutting machine and then spray painted this bag. Her original design also "rocks!"



Kerry Hall – Technology Department.

## HELPERS WANTED – SCHOOL CANTEEN

Would any students interested in helping out in the Canteen, please go and talk to the Canteen staff at an appropriate time, for more information. Thank you.

*Lilydale Heights College would like to thank Bendigo Bank Mooroolbark Community Branch, for their support and sponsorship of the Duke of Edinburgh Program and our Automated External Defibrillator Device (AED).*

Mooroolbark  
**Community Bank®** Branch  **Bendigo Bank**

## MIDDLE SCHOOL SKATEBOARDS & TABLES

Meet the designer: Chloe Homer

Product: Savoury Serving Board

Dimensions: 40mm x 60mm

The savoury serving board is a multipurpose board that can be used as a platter for serving food and used as a cutting board in the kitchen. Made for my family to use when cooking and entertaining guests.

It's made of jarrah, which is durable, has a high resistance to weather, and has decorative qualities, as well as Tasmanian Oak, which is easy to work with, dense and good for staining. The different dark and light woods create contrasting yet complementary streaks on the board that give it a bold look.

The board is finished with food safe wax that gives it a glossy and polished look with a smooth texture. The board's overall style is a solid and well-made board with bevelled edges that make it functional but with some design.



This dog feeding table was designed and made by Brody Steele in Skateboards and Tables class in Semester 1. It has an Oregon top and pine legs and he used a jigsaw to cut out the holes for the bowls. A great example of practical design.





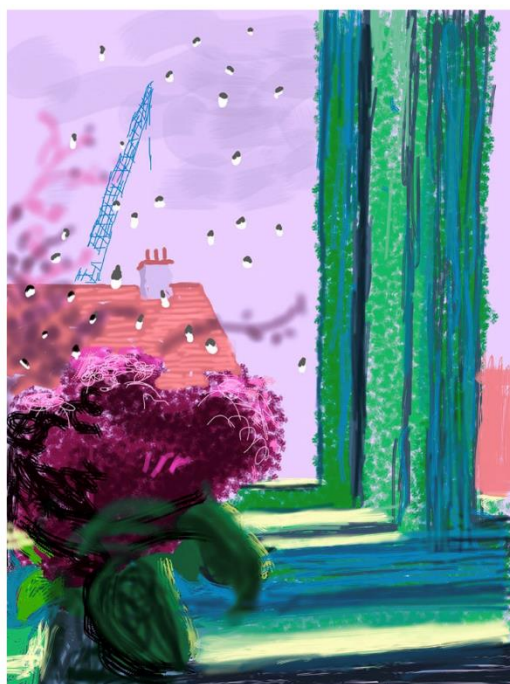
## YEAR 7 ART

A mix of student art tasks and their own artworks.



*Untitled, 133*  
2010 iPhone  
Artist –  
David Hockney

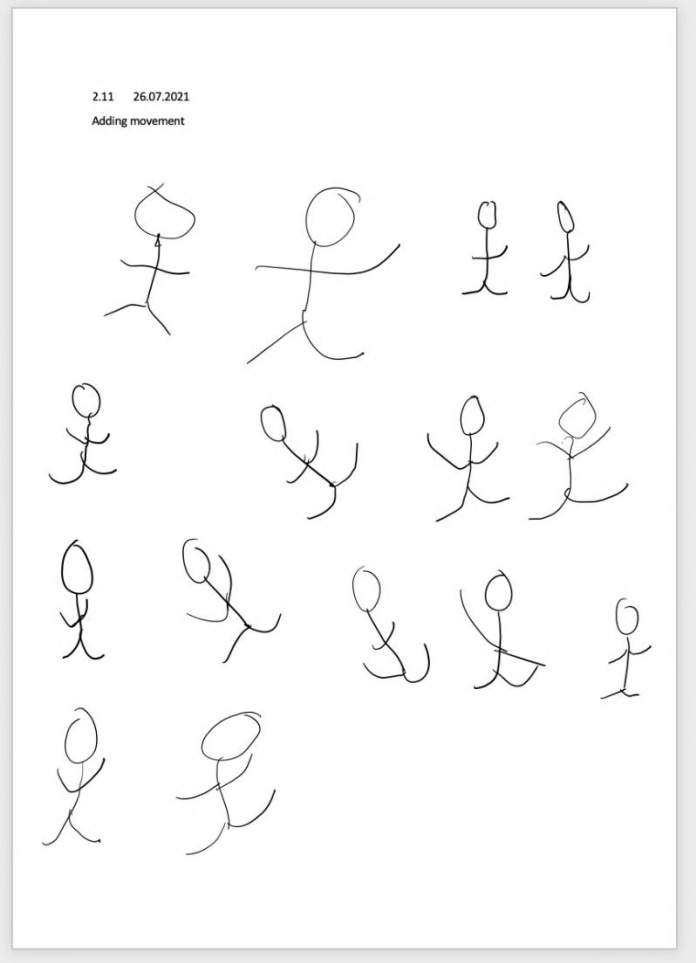
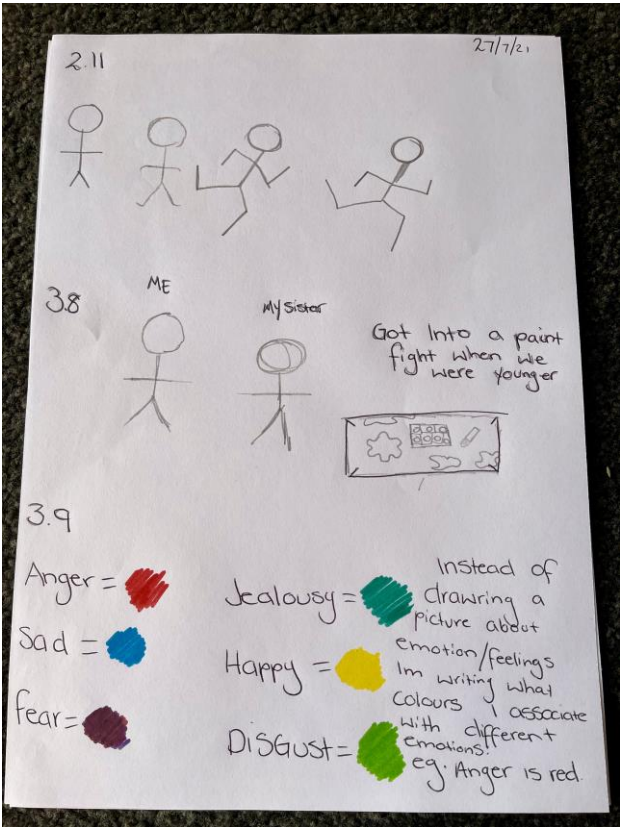
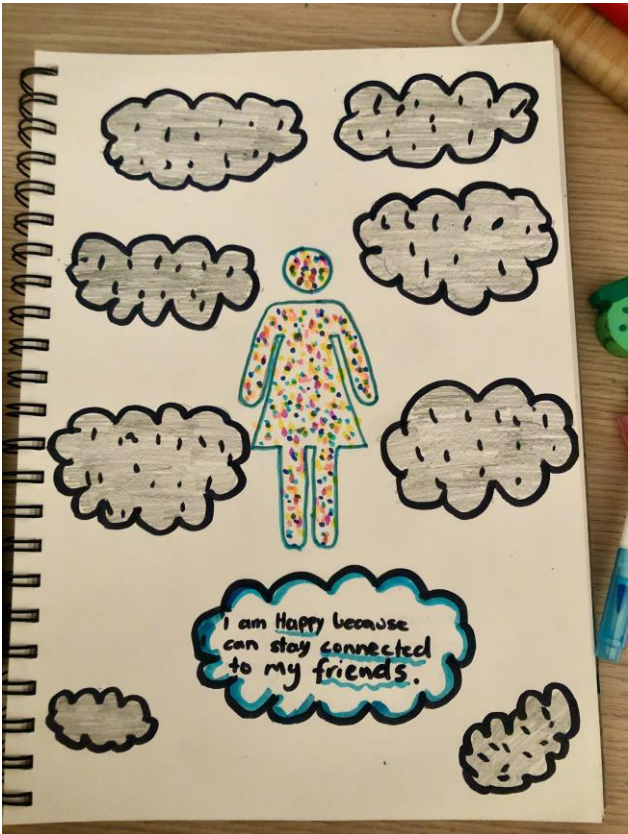
This is the most appealing to the eye because it reminds us of something we have done before staying up till late and the source of reflection is a lamp and this where in this image you could be studying but in other scenarios reading a book this shows time where you could be by yourself and relax and sit in bed.



*Untitled, 104*  
2010  
iPhone Drawing  
Artist – David Hockney

It has very cold and cool colours almost like it is on the verge of spring. It is a very relaxing and calm painting.

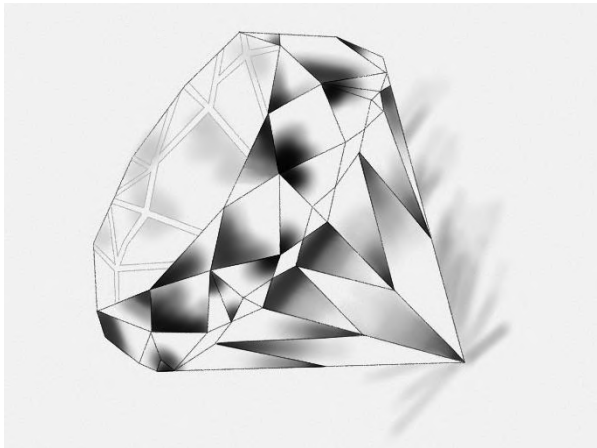
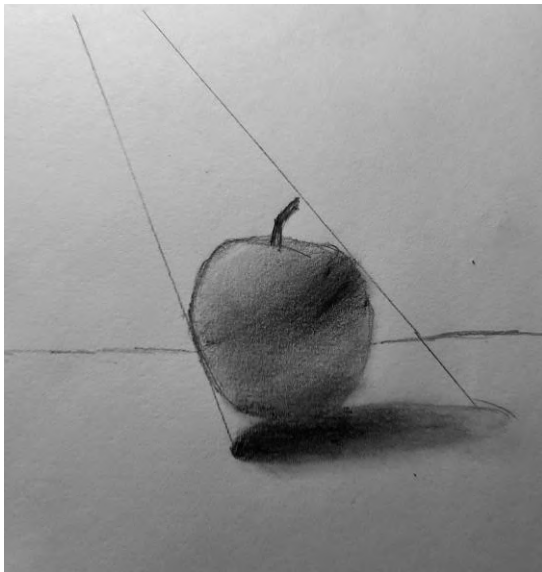
Year 7 Art (continued)...





## MIDDLE SCHOOL ART (VCD)

Students covered the tasks of “Observational Drawing” and “Recreating Textures.”



## OPEN DAYS 2021

### Getting the most out of an Open Day

Most institutional Open Days are held in late July and August (see over the page for Open Day dates). However, you are more than welcome to contact an institution to arrange a visit any time.

### What happens on an Open Day?

On Open Day you can visit an institution when it's at its best. Everyone is there – academics, lecturers, current students, and information officers. More importantly, you can talk with academics, lecturers, and current students about what certain courses are actually like, and what is required to get into them.

### Who should attend an Open Day?

*Anyone who is considering studying at a tertiary level in the next few years should attend.*

### Why should you attend an Open Day?

Apart from the opportunity to obtain course information there are many other reasons why attending an Open Day is a good idea:

- You are going to feel more comfortable arriving at a university or TAFE institute on the first day of classes if you have been there before.
- What is really involved in the course or courses you are interested in?
- If you have to move away from home, where are you going to live?
- Will you be happier studying in a large metropolitan institution or a smaller, perhaps rural institution?
- What does the place 'feel' like? Is it a bustling environment with lots of activity or a quieter, more relaxed campus set in landscaped grounds?
- How are you going to get there? Is it close to public transport or should you start saving now for a car?

If you don't know the answers to any of these questions, then you should attend an Open Day!

### How to make the best of Open Days

To make your Open Day visits fun and informative, here are some pointers:

- Write down a list of questions you would like to ask about particular courses.
- Be there early. Crowds tend to develop as the day progresses.
- On arrival, get a map from a central point and ask for directions to the relevant faculties or schools.
- Ask questions!
- Don't spend the day collecting printed information only. Use the opportunity to speak directly with academics before applications close.
- Introduce yourself to selection officers if you feel it is appropriate, but don't be pushy.
- Check out the residential colleges, if available. After all, it is you that will be living there.
- Walk around the campus. Have a good look! See what sporting facilities and other services are available.
- Enjoy the visit!

Not everyone can attend every Open Day and various Institutions hold their Open Days on the same date! If you can't attend an Open Day and you are interested in a particular institution, you may visit at other times. If you wish to speak to a particular person, it is essential to make an appointment first.

**\* For a list of upcoming Open Days, please refer to the next page.**

*\* This information was correct at the time of publication. Students are encouraged to register soon for the online Open Day events so they can receive important updates. Students in Years 10, 11 and 12 are encouraged to participate in a few Open Days.*



## Open Days 2021 (continued)....

### Virtual Open Days 2021

INSTITUTION OPEN DAY EVENTS	DATE	TIME	CONTACT DETAILS
<b>Australian Catholic University</b> Melbourne Campus <a href="#">Virtual Tour</a> Ballarat Campus <a href="#">Virtual Tour</a>	Sat 7 & Sun 8 August*		1300 275 228 Email: <a href="mailto:opendayvic@acu.edu.au">opendayvic@acu.edu.au</a> <a href="https://www.acu.edu.au/student-life/experience-uni-before-you-start/open-day">https://www.acu.edu.au/student-life/experience-uni-before-you-start/open-day</a> <b>*Online Open Day</b>
<b>Australian National University</b> <a href="#">Virtual Tour</a>	Sat 14 August	9am – 4pm	<a href="https://openday.anu.edu.au/">https://openday.anu.edu.au/</a> - <b>students should register their interest</b>
<b>Box Hill Institute of TAFE</b>	Various days in August	Various times	1300 269 445 <a href="https://openmonth.boxhill.edu.au/">https://openmonth.boxhill.edu.au/</a>
<b>Australian College of Arts (Collarts)</b>	Sat 28 August*		<a href="https://www.collarts.edu.au/open-day">https://www.collarts.edu.au/open-day</a> <b>*On campus and online</b>
<b>CQUniversity</b>	Sat 14 August*	9am – 1pm	13 27 86 <a href="https://www.cqu.edu.au/events/event-items/open-day/interactive-virtual-open-day-august">https://www.cqu.edu.au/events/event-items/open-day/interactive-virtual-open-day-august</a> <b>*Online Open Day</b>
<b>Charles Sturt University</b> Albury-Wodonga	Sun 15 August*	10am – 3pm	<a href="https://study.csu.edu.au/life/events/open-day">https://study.csu.edu.au/life/events/open-day</a> <b>*Online Open Day</b>
<b>Deakin University &amp; Deakin College</b> All Campuses	Sun 15 August*	9am – 4pm	1800 334 733 <a href="https://www.deakin.edu.au/openday">https://www.deakin.edu.au/openday</a> <b>*Online Open Day</b> (03) 9244 5197 <a href="#">Deakin College</a>
<b>Federation University</b> <a href="#">Virtual Tour</a>	Sun 15 August*	10am – 4pm	1800 333 864 <a href="https://federation.edu.au/openday">https://federation.edu.au/openday</a> <b>*Online Open Day</b>
<b>Holmesglen Institute</b> All Campuses	Various days*	Various times	1300 639 888 Online bookings are essential <a href="http://www.holmesglen.edu.au/opendays">www.holmesglen.edu.au/opendays</a> <b>*Online Open Days</b>
<b>JMC Academy</b> <a href="#">Virtual Tour</a>	Sat 21 August	10am – 2pm	(03) 9624 2917 <a href="https://www.jmcacademy.edu.au/events/open-day-events/melbourne-campus-august21-open-day">https://www.jmcacademy.edu.au/events/open-day-events/melbourne-campus-august21-open-day</a>
<b>La Trobe University &amp; La Trobe College</b> Melbourne Campus <a href="#">Virtual Tour</a> Albury-Wodonga Bendigo Campus <a href="#">Useful info</a>	Sun 1 August *		1300 135 045 <a href="https://www.latrobe.edu.au/openday#experiences">https://www.latrobe.edu.au/openday#experiences</a> <b>*Online Open Day</b> (03) 9479 2417 <a href="#">La Trobe College</a>
<b>RMIT</b> <a href="#">Virtual Campus Tour</a>	Sun 29 August*	10am	9925 2260 <a href="http://www.rmit.edu.au/openday">www.rmit.edu.au/openday</a> <b>*Online Open Day</b>
<b>SAE Qantm</b> South Melbourne Campus	Sun 8 August*	4pm – 6pm	1800 723 338 <a href="https://sae.edu.au/news-and-events/register-for-open-day-2021/">https://sae.edu.au/news-and-events/register-for-open-day-2021/</a> <b>*Online Open Day</b>
<b>Swinburne University</b> Hawthorn Campus <a href="#">Virtual Tour</a>	From Mon 26 July*	10am – 4pm	1300 SWINBURNE <a href="http://www.swinburne.edu.au/openday/">http://www.swinburne.edu.au/openday/</a> <b>*Online Open Day</b>
<b>Torrens University</b>	Tues 17 August*	4pm – 6pm	1300 575 803 Register for either event at <a href="https://www.torrens.edu.au/about/virtual-open-day">https://www.torrens.edu.au/about/virtual-open-day</a> <b>*Online Open Day</b>
<b>University of Melbourne</b> Parkville & Southbank <a href="#">Virtual Tour</a>	Sun 22 August*	9am – 5pm	1800 801 662 <a href="https://openday.unimelb.edu.au/">https://openday.unimelb.edu.au/</a> <b>*Online Open Day</b>
<b>University New South Wales (UNSW)</b> Canberra Campus (ADFA) <a href="#">Virtual Tour</a> Sydney Campus <a href="#">Virtual Tour</a>	Sat 21 August Sat 4 September	tbc 10am – 4pm	1300 864 679 <a href="https://www.defence.gov.au/ADFA/visitingadfa.asp">https://www.defence.gov.au/ADFA/visitingadfa.asp</a> <a href="https://www.events.unsw.edu.au/event/unsw-open-day-0">https://www.events.unsw.edu.au/event/unsw-open-day-0</a>
<b>University of Sydney</b> <a href="#">Virtual Tour</a>	Sat 28 August*	10am – 4pm	1800 793 864 <a href="http://openday.sydney.edu.au/">http://openday.sydney.edu.au/</a> <b>*Online Open Day</b>
<b>Victoria University</b> Footscray Park Campus <a href="#">Virtual Tour</a> City Flinders Campus <a href="#">Virtual Tour</a> City Queen Campus <a href="#">Virtual Tour</a>	Sat 21 August*	12pm – 6pm	1300 842 864 <a href="https://www.vu.edu.au/open-day-2021">https://www.vu.edu.au/open-day-2021</a> <b>*Online Open Day</b>
<b>William Angliss Institute of TAFE</b>	Sat 14 August*	10am – 3pm	1300 264 5477 <a href="https://www.angliss.edu.au/study-with-us/meet-us/OpenDay/">https://www.angliss.edu.au/study-with-us/meet-us/OpenDay/</a> <b>*Online Open Day</b>

## Feeling Safe: For Secondary School Students

### Get the facts

This fact sheet has been designed to give you the facts about child abuse. It includes advice on what to do if you have been abused, are being abused, or are at risk of being abused. This fact sheet also provides you with advice if you know someone who has been abused, or is at risk of being abused.



### What are your rights?

- Everyone has the right to feel safe and be protected from abuse.
- No one is allowed to threaten you, hurt you, or touch you in a way that makes you feel uncomfortable, unsafe or afraid.
- This includes all adults, other teenagers and children – it includes everyone from family members, coaches, teachers, to friends and strangers.
- Every relationship should be respectful.
- No one should ever involve you in sexual activity without your consent, and no one should behave in a way that makes you feel unsafe or afraid.
- You don't have to deal with abuse on your own. Talk to a trusted adult. Teachers and other adults at your school can support you to get help.

### What is child abuse?

- Child abuse includes physical abuse, sexual abuse, emotional or psychological harm, neglect, and family violence.
- Child abuse can also include grooming. This is behaviour where an adult tries to establish a relationship or other emotional connection with a child, to prepare them for a sexual relationship.
- Child abuse does not have to involve physical contact or force. It can include:
  - controlling a child through threats
  - exposing a child to sexual material and sexual acts
  - exposing a child to family violence.
- Child abuse can be perpetrated by any member of a community or a family member. Abuse can impact anyone and it is never the victim's fault.

For more information on sexual abuse and sexual assault visit Youth Central:  
<http://www.youthcentral.vic.gov.au/know-your-rights/sexual-assault>.



### **What should I do if I have been abused or I feel unsafe?**

- You should talk to an adult you trust.
- If you have been abused, or feel unsafe or threatened in any way you don't have to deal with this on your own.
- Abuse is never your fault and you should tell a trusted adult so you can get the help and support you need to feel safe and protected. Talking to someone won't get you in trouble.
- You can tell a teacher or any adult at your school. They will be able to help you.

### **What should I do if I think someone I know has been abused or is unsafe?**

- You should talk to an adult you trust. Any staff member at your school will be able to help.
- You can also help your friend by encouraging them to tell a trusted adult.

### **What if my friend doesn't want to tell an adult?**

- You should still tell an adult you trust on your friend's behalf.
- Even if your friend has specifically asked you not to tell an adult, you still should. It is more important to make sure that your friend is helped and feels protected.

### **What will happen if I tell an adult at the school that I feel unsafe, or that I know someone who is unsafe?**

- You will be helped.
- Teachers and other adults at your school must listen to your concerns and help you.
- The information will not be shared with the person who is making you feel unsafe.
- Information will only be shared with people who can support and protect you.
- In some cases the people helping you are required by law to tell the police, the Department of Health and Human Services' Child Protection services and/or your family to prevent any further abuse, or risk of abuse.

### **What if I don't feel like I can talk to anyone at my school?**

- You should still find a trusted adult to talk to.
- Abuse or feeling uncomfortable is too big to deal with on your own.

### **There are many people who can support you to feel safe and protected. You can:**

- contact eHeadspace for advice online visit: [www.eheadspspace.org.au/](http://www.eheadspspace.org.au/) Call 1800 650 890
- contact KidsHelp Line: <https://kidshelpline.com.au/teens/> (24 hour web chat) Call 1800 55 1800
- Call or visit your local police station or call 000.
- Talk to your doctor, psychologist, social worker, welfare officer, or another trusted adult.

