



# THE HEIGHTS

News and Information from Lilydale Heights College

**Acting Principal: Shane Kruger Asst. Principals: Isabella Phillips/Tim Wright**

**Issue: 8 Volume: 22**

**Date: September 2022**

## COLLEGE CALENDAR 2022 – OCTOBER

Monday 3 <sup>rd</sup>	Student Free Day
Tuesday 4 <sup>th</sup>	First day of Term 4 for students
Thursday 20 <sup>th</sup>	Year 12 Farewell Assembly / Celebration Day
Wednesday 26 <sup>th</sup>	VCE Exams commence
<b><i>Please Note: all dates and times are subject to change</i></b>	

## PRINCIPAL'S REPORT

### LEARNING FOCUS

GAT - The Year 12 General Achievement Test (GAT) was recently held on Wednesday Sept 7 for all students undertaking a Year 12 Subject. This was the first time that the revised GAT was implemented which required all Unit 3/4 VCE students and Senior VCAL students to undertake a Literacy and Numeracy Test. VCE students were then required to complete a general knowledge test in the afternoon. The new test has been designed to indicate whether students have demonstrated the literacy and numeracy skills typically expected of someone completing their secondary schooling – giving another indication of their readiness to move onto further education, training or employment. Our students were remarkable during the test with the external examiners commenting more than once on how wonderful our students are and the positive way in which they conducted themselves during the test.

Teacher Practice - Staff have recently presented their Action Learning Tasks (ALT's) to their learning teams, highlighting the new initiatives and strategies that they have trialled within their classrooms. These were based around improving literacy, numeracy, sustainability and the Berry Street model. Staff have shared with their learning teams their process of moving through the cycle of inquiry, their reflections and the feedback that they have received from their peers. This professional learning process allowed all staff to engage in conversations around the continual improvement in practice to support the learning of all students.

NAPLAN - We are pleased to share with our community that we have received positive results from the 2022 NAPLAN. We have continued to see improvement in reading and writing at both Year 7 and Year 9 which highlights that our focus in these areas is having an impact on student learning outcomes. Our Year 9 Numeracy data has also improved upon last year's results. Numeracy continues to be an area of focus across Australia and we will continue to ensure that we are putting in strategies to support students by embedding numeracy across all subjects. It is pleasing to see that across all tests, our overall student results are trending upward with students moving from the lower bands into the middle bands, and from the middle bands into the top two bands. The majority of our students (72% - 89%) are placed above the National Minimum Standard in all tests – Reading, Writing, Spelling, Grammar and Punctuation and Numeracy.

**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)....

Whilst NAPLAN does not measure all of the wonderful learning that takes place at Lilydale Heights College, it is one set of data that is used to inform how we can continue to improve teaching and learning at the College to support the learning growth of all students.

### YEAR 7 INFORMATION NIGHT

We recently hosted our Year 7 2023 BBQ and Information Night on Monday Sept 5. This well attended event was an opportunity for our new students and their families to meet with staff and to hear key information to assist them with their transition to Lilydale Heights College. When speaking to our new students, they shared with me that they were feeling excited and nervous, but overall, were really looking forward to joining us in 2023. Our current Year 7 students and College Captains were wonderful ambassadors on the night, talking to students and families, assisting with the BBQ and speaking at the formal presentation. Our Year 7 Information Night was the first step in a six year journey at Lilydale Heights College and we warmly welcome our new students and families into our community.

### STUDENT EVENTS

One of the things that I love about Lilydale Heights College is the range of learning opportunities that students are able to engage in, both inside and outside of the classroom. Some of these that have taken place over the previous few weeks include:

Year 8 Camp - Recently our Year 8 students have been on a three day camp at Camp Howqua. Students were able to challenge themselves in a range of activities including horse riding, high and low ropes, archery, a survivor challenge, disc golf, an unnatural walk and the flying fox. The feedback from the staff on the camp was that our students were 'absolutely fabulous'. Feedback from the students was that the camp was great, the survivor activity a highlight and that they were able to cope for three days without their mobile phone. There were a lot of tired faces when they returned on Friday, but all of the students that I was able to speak to shared that they had a great time on camp. Thanks to all of the staff for their attendance on this camp and for providing such a wonderful opportunity to our students. A special thank you to Ash Gell, Jane Scobie and Helene Butterworth for their organisation of the camp.



VCAL Pizza – Our Senior VCAL students recently took on the challenge of making woodfired pizzas for staff. This task involved students taking orders from staff and then organising the preparation, cooking and delivering of pizzas. This authentic learning experience allowed students to work as a team, building their skills in planning, organisation and communication. Thank you to their teacher James Rippingale for providing our VCAL students with this opportunity. Thank you also to Halley Metcalfe, Jodie Smith and Troy McGown for their support and for helping out throughout the day.

SIRC and Sustainability Movie Week – Our SIRC and Sustainability Club joined forces last week to raise much needed funds to support the building of a Koala Sanctuary. A movie was screened in the PAC over a series of lunchtimes with popcorn, cookies and raffle tickets for sale. Students and staff gathered in the PAC to enjoy their cinema food and to relax as they watched *The Lion King*. Our remarkable SIRC and Sustainability Club students should be extremely proud of their achievements with this successful event.

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

### **ARE YOUR CONTACT DETAILS CORRECT?**

It is important that we have the current contact details for students and their families. We will often send out communications via email, contact families via phone and, in an emergency, contact guardians or emergency contacts. If you have not done so recently, I would encourage all families to check that their contact details are accurate on Compass. If you need any assistance with checking your details, please do not hesitate to contact us at the College.

### **TERM BREAK AND TERM 4 START DATE**

I would like to wish our entire community a wonderful term break. This is a time to reflect upon Term 3 and to recharge. I wish our Unit 3 and 4 students all the best as I know that all of them will be spending much of this school break preparing for their upcoming exams. Whilst there will be a lot of study, I do encourage them to find a balance by taking breaks, engaging in activities that they enjoy and to ensure that they take some time to look after their own wellbeing.



A reminder to families that Monday October 3 is a Curriculum Day and will be a student free day. Students will begin Term 4 on **Tuesday October 4**.

### **THANK YOU**

I would like to extend my heartfelt thanks to all of our teachers and education support staff for their ongoing commitment and support this term in ensuring that all our students are able to continue to learn and grow in a safe, engaging and supportive environment. I would also like to thank our students for a wonderful term of learning and for their contribution to our positive school environment.

Finally, I would like to take this opportunity to say that I am extremely excited and privileged to have been appointed to the substantive Principal role at Lilydale Heights College. I am absolutely honoured to take on such an important role in leading our amazing school and would like to thank the community for putting their trust in me. I look forward to the next chapter for Lilydale Heights College and working with our whole community to continue to build an inclusive learning community where all students are able to learn and thrive.



**Shane Kruger, Acting Principal**



## YARRA GROUP ATHLETICS

On Tuesday 30<sup>th</sup> August, 28 of our students went to Yarra Group Athletics to represent the College. The weather was wet and cold but we didn't let that dampen our spirits. Our students brought home a barrage of ribbons and we congratulate each and every student for their participation.

<b>Jake Angus</b>	1st - High Jump, Triple Jump and Long Jump and 2nd - 400m
<b>Charlie Angus</b>	1st- Triple Jump
<b>Annie Bloomfield</b>	2nd - High Jump
<b>Chloe Homer</b>	2nd - Discus and 3rd - Shot Put
<b>Ashlee Stallworthy</b>	2nd – Long Jump and 3rd - Javelin and Long Jump
<b>Charlie Aulich</b>	3rd - 800m
<b>Hayley Ray</b>	2nd - Shot Put
<b>Acacia Anderson-Bonsor</b>	1st – Long Jump and 3rd – Triple Jump and Javelin
<b>Sara Longo</b>	1st – Discus and 2nd -Shot Put
<b>Madison Cameron</b>	1st - High Jump
<b>Tahlia Goodman</b>	2nd – Javelin and 3rd - High Jump
<b>Maddie Fittolani</b>	2nd - Long Jump and 3rd - 100m
<b>Zahra Goodman</b>	2nd 400m and 3rd - Javelin and 100m
<b>Marco Carusi</b>	2nd - 100m
<b>Bailey Rankin</b>	2nd - Javelin
<b>Harry Whittle</b>	1st – 800m and 2nd -1500m and 400m
<b>Gabriel Hammond</b>	3rd - Javelin
<b>Bailey Wyss</b>	2nd - 200m and 3rd - Shot Put
<b>Kayla Knight</b>	2nd - High Jump and 3rd - Long Jump
<b>Sam Gloury</b>	3rd – High Jump



The U17 Female 4 x 100m Relay also came 2nd.  
Overall, the whole team came 5<sup>th</sup>.

Students that came 1st will now go through to represent the College at the Eastern Zone Athletics competition. Thank you to all the students who managed the conditions and represented the College Values to their utmost - it was a great day to be a part of.

Erin Rackham – Sports Teacher.





*Yarra Group Athletics (continued)...*





## COMPASS LEVEL 4 AND BRONZE STUDENTS TRAINING WEEKEND

We had a great training weekend at Alexandra with our Award students. It was certainly a valuable set of experiences for the students over the entire weekend. The students really applied themselves in all activities; they hiked and navigated around the bush, they developed their confidence and abilities around camp - in particular cooking filling meals on the Trangia stoves and pitching their tents to keep the water out. They also developed their first aid skills and learned knots, putting them to good use in building a bridge to support the whole group whilst crossing a water-logged creek.

As this was the first time the majority of these students had been away as part of the Award Program, they coped extremely well. They were constantly having to draw upon their resilience, strength, thinking and problem solving skills. They were positive and really wanted to help each other and build their skills. It is always a pleasure to work with students in this way, sharing and hoping to build their connections and passions for working in the outdoors alongside the nature of the Award Program.

Well done students! Please remember to contact me if you have any questions with the other aspects of the Award Program.

Clare Rayner – Compass & Duke of Edinburgh Co-ordinator.



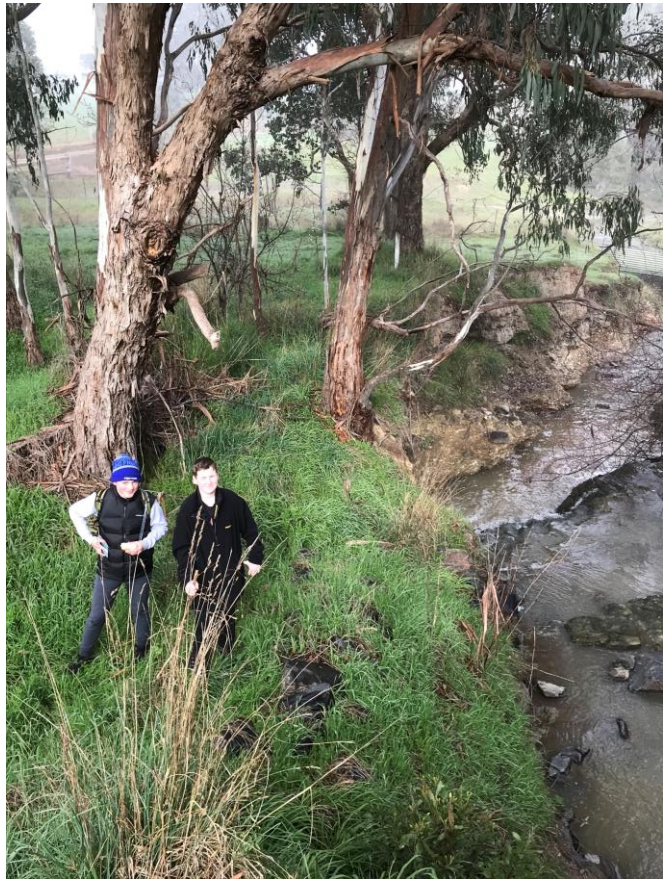


*Compass Level 4 and Bronze Students Training Weekend (continued)...*





*Compass Level 4 and Bronze Students Training Weekend (continued)...*





## YEAR 10 LEADERSHIP DAY

On Friday 2<sup>nd</sup> September, a selection of Year 10 students participated in a program called, "The Personal Effectiveness Workshop," run by Marion Osmond. This exciting workshop went for the full school day and it was jam packed with many helpful and insightful activities. In the morning we started off with something called DISC which helps us understand ourselves and others. It divides people into four sections based on our priorities in life, like whether we are more person or task oriented. Already an hour or so in, we all had a better understanding of DISC. Then we went into detail about "7 Tools for Effective Mindsets and Behaviour." Within these tools we explored positive mindsets and positive opportunities; we also looked into responsibility and resilience. Then came my personal favourite part of the day - pizza for lunch! After a good feed we all came together for one last discussion about mindsets and roadblocks. I'm sure I can speak on behalf of the Year 10's that got to participate by saying that we benefited greatly from the experience and were grateful to Marion for coming out and giving us her time.

Zoe Koch - Year 10.





## YEAR 11 GALA

The Year 11's stepped out in style for the 2022 Gala at the York on Lilydale. Everyone put on their finest clothes and had a ball on the dancefloor. Congratulations to Ms Louise Martin and the Gala Committee for organising a fabulous evening! A great time was had by all.

Emma Steeper – Senior School Leader.





*Year 11 Gala (continued)...*





## CAREERS

Year 12 students had the opportunity to speak directly to University and TAFE representatives at a special workshop designed to explore tertiary course pathways. Students worked in groups on a series of case studies to support their understanding of how tertiary pathways operate across a variety of industry areas at multiple University and TAFE institutions. It was great to see all Year 12's fully engaged in this session, building their career research and management skills. We know that practicing these skills now will set them up for when they are at decision making points at the end of Year 12 and beyond.

Special thanks to the Australian Catholic University, Box Hill TAFE, Deakin University, La Trobe University, Monash University, RMIT and Swinburne representatives for providing their time and expertise at this workshop.

Juliet Honey – Careers Co-ordinator.

## CLAY TARGET SHOOTING

### 2022 YARRA VALLEY SCHOOL ANNUAL CLAY TARGET CHAMPIONSHIP

On 5<sup>th</sup> May, I competed in the Yarra Valley School Annual Clay Target Championship. In this event we were asked to shoot ten targets from three different disciplines, Skeet, DTL and 5-stand, single barrel, one shot per target. My total score came to 17/30, 3/10 in Skeet, 7/10 in 5-stand and 7/10 in DTL. This score was enough to get me second place in Senior Girls, Years 10-12.

### SOUTH-EAST ZONE SCHOOL STUDENTS CLAY TARGET CHAMPIONSHIPS

On 2nd August, my brother Alasdair and I went to Frankston Australian Clay Target Club, to compete in the South-East Zone School Students Clay Target Championships. Alasdair shot a solid 13/30 coming in mid-field, an excellent score for his first ever competition. I shot a 21/30 to give me third in Senior Girls and will head up to the Victorian State Shooting Grounds in Echuca on 5th September.

Aimee Norris – Year 12.



**The Lilydale Heights College SIRC would like to thank Bakers Delight Chirnside Park for their support and sponsorship of Breakfast Club on Tuesday and Thursday mornings**

*Bakers Delight*  
We're for real.



## YEAR 8 CAMP

Last week, 113 Year 8 students and 12 teachers headed to Camp Howqua. The picturesque camp is located on the beautiful Howqua River and offered students the chance to trial a range of adventure activities including horse riding, high ropes, flying fox, survivor course, archery, low ropes and initiatives, disc golf and introductory hiking. Much fun and many laughs were had by all who attended.

Ashlea Gall – Year 8 Learning Leader.





## Year 8 Camp (continued)...





## YEAR 7 HEALESVILLE SANCTUARY EXCURSION

On Monday 29<sup>th</sup> August and Wednesday 31<sup>st</sup> August, groups of Year 7 classes (including mine) went to Healesville Sanctuary for the day to learn about ecosystems. While we were at Healesville Sanctuary, we were allowed to go and explore the Sanctuary and were given a worksheet to fill in throughout the day. We went around looking at so many different animals and species. The work sheet related to our topic of ecosystems and classification. We went around the Sanctuary looking at birds, kangaroos, reptiles and night animals, filling in the sheet as we went and learning lots of new things. Each of the classes had a specific time that they had to meet up to watch the presentation as well. The presentation had two parts. One was about dingos and one was about lyrebirds, but the last class (my class) missed out on the lyrebird presentation because we ran out of time. We learnt about the dingos' habitat, adaptations and diet and we filled in our sheets with information on the dingo and how it is a keystone species.

Ranita Menkins, 7C.





*Year 7 Healesville Sanctuary Excursion (continued)...*





## KITCHEN GARDEN

It has been a terrific term in the garden. While we have waited for the weather to improve, students have been busy pulling apart pallets so that they can make new veggie beds, germinating seeds and adding compost and mulch in preparation for planting. In the kitchen, produce grown in the garden and some donations have been turned into carrot and celery soup, creamy broccoli soup, savoury muffins, lime muffins and apple turnovers. Next term will see students design and create a watering system to help the plants survive over summer.

Shannon Sargeant – Sustainability Leader.



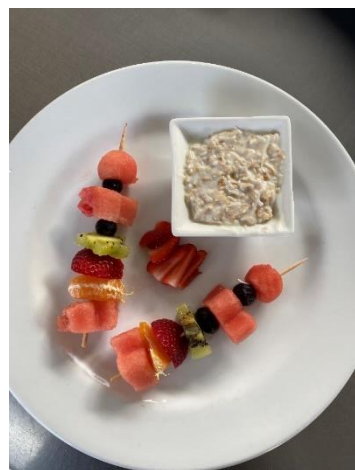
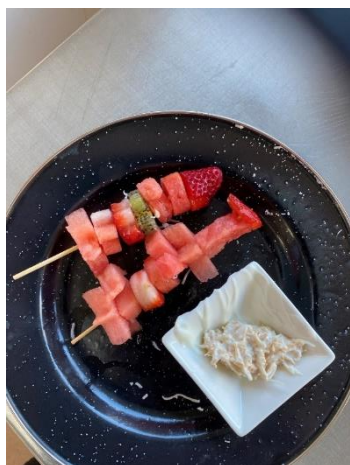


## YEAR 7 FOODS & YEAR 9/10 BRUNCHES & LUNCHES

Year 7 Foods students and Year 9/10 Brunches & Lunches students recently completed CATs where they had to design and produce fruit kebabs and French toast respectively. We had some great results and students were very enthusiastic about the tasks. They were encouraged to extend themselves by including a range of colours and presentation techniques.

The Brunches and Lunches class also presented some great grazing brunch platters. Well done to all involved.

Sharon Francis – Foods Department.





Year 7 Foods and Year 9/10 Brunches & Lunches (continued)...





Year 7 Foods and Year 9/10 Brunches & Lunches (continued)...



Montana





# School holiday activities *in the Hub!*

Running  
19th-30th  
September

5/9 Clarke St, Lilydale

## Free activities for ages 12-25!



Mon 19th 2pm

**DIY Terrarium making**  
Make your own little garden in a jar to take home and brighten your room.



Tues 20th 12pm

**Sushi making**  
Come and make some sushi with us in the Hub and then hang out for an awesome sushi lunch.



Weds 21st 2pm

**Upcycled tote bags**  
Turn old and unused jeans into a tote bag.  
Totes good for the environment!



Thur 22nd 1pm

**Water colour painting**  
Get creative with water colour paints hosted by Jade's Creation.

**Friday 23rd  
PUBLIC HOLIDAY**

Hub space closed.



Mon 26th 2pm

**Art therapy**  
Connect with emotions and feelings with paint, drawing, and collage.



Tues 27th 11am

**Animal therapy**  
De-stress with some loveable and friendly dogs in the Hub.



Weds 28th 1pm

**DJ session**  
Come and make some noise with a mixing deck.  
All experience levels welcome.



Thurs 29th 2pm

**Animal therapy**  
De-stress with some loveable and friendly dogs in the Hub.



Fri 30th 11am

**Mosaic creations**  
Make your own mosaic piece.  
Presented by Bunnings Lilydale



SCAN ME

Scan  
QR code  
to Register.

Lilydale  
**Youth Hub**  
Wellbeing across the Yarra Ranges



## PARENTZONE GROUP TERM 4



### Dads Matter

**Dad's at their best - helping children to thrive**

Are you a dad who would like to:

- Better understand your importance in your child's life?
- Have agreements that work?
- Further develop your relationship with your young people?
- Get your head around what they need from you?

Come along to these 6 online sessions. Share strategies, strengths and stories. Take some time out for you and celebrate the importance of being a Dad!

**When:** Tuesdays (6 evening sessions)  
8th November - 13th December 2022

**Time:** 7.00pm to 9.00pm

**Where:** Online - Via Zoom

**Who:** Dads

**Cost:** Free (Bookings are essential)

**Bookings:** [Click here to book](#)

**Questions:**  
Julia at Parentzone  
9721 3629 or 0400 866 495

**PARENTZONE**



### LIVING WITH AUTISM

**4 week parenting program bringing together parents living with a child with Autism  
Term 4 2022**

Are you the parent or carer of a child who has a diagnosis of autism?

This free 4-week parenting program is an opportunity to ask questions about the autism spectrum and we will support you to consider different approaches/strategies to help with parenting.

The group is free of charge but bookings are required.

If you'd like more information feel free to contact the team at [ParentZone.Eastern@anglicarevic.org.au](mailto:ParentZone.Eastern@anglicarevic.org.au)

**DATES:** Thursday morning  
10th November - 1st December 2022

**TIME:** 10am - 12pm

**WHERE:** Online - Via Zoom

**COST:** Free of charge for parents in the Eastern Suburbs of Melbourne (Bookings essential)

[CLICK HERE TO BOOK](#)



**PARENTZONE**

BETTER TOMORROWS



### Talking Tweens

**A Parents Building Solutions Program  
For Parents of Children Aged 8 to 13 years**

Do you want to:

- Improve communication with your child?
- Deal with anger and anxiety?
- Establish boundaries with your child around screen use and other challenging behaviors?
- Understand tween development?
- Deal with conflict and improve relationships?

Come along to these 6 interactive sessions. Share strengths, challenges, and strategies to parent 8 to 13 year old.

**When:** Monday afternoons (6 sessions)

Mon 10th Oct to Mon 14th Nov 2022

**Time:** 12:00 noon - 2:00 pm

**Where:** Online via Zoom. Participants will need access to a device with video and audio in order to participate

**Cost:** Free of charge

**Registrations:** [click here](#)

**Enquiries:** [sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)

**PARENTZONE**



### Surviving Separation

**Are you in conflict with the other parent?**

Would you like to:

Manage your parenting arrangements with less conflict?  
Learn how to best support your children through separation?

- Learn better ways to deal with your emotions and theirs?
- Build communication skills for the future, for yourself and your children?

Come along, learn some skills to resolve conflict and connect with other parents about the best ways to co-parent, always putting your child's needs first.

**When:** Mondays - October 10th - December 5th inclusive (eight evening sessions, no session on October 31)

**Time:** 7.00pm - 9.00pm

**Where:** Online via Zoom

**Who:** Separated parents

**Cost:** Free (Bookings are essential)

**Bookings:** [Click here to register](#)

**Questions:** Julia at Parentzone  
9721 3629 or 0400 866 495

**PARENTZONE**



## Parentzone Groups Term 4 (continued)...



Glen Park  
Community Centre



Health  
and Human  
Services

Groups meet monthly or fortnightly, except on public holidays or during school holidays. Term 4 2022

### VERMONT

TIME & DAY:

LOCATION:

DATES FOR

Term 4 2022

10:00-11:00AM on the 1st Tuesday of every month during school terms

St Lukes Anglican Church, crn Canterbury & Mitcham Rds. Vermont

Oct 4th (November group postponed)

### BAYSWATER

TIME & DAY:

LOCATION:

DATES FOR

Term 4 2022

10:30-11:30AM on the 2nd Wednesday of the month during school terms

Glen Park Community Centre 30 Glen Park Rd, Bayswater Nth

Oct 12th, Nov 9th & Dec 14th

### ONLINE GROUP

TIME & DAY:

LOCATION

DATES FOR

Term 4 2022

Fortnightly on Thursday mornings

10:30-11:30 via zoom

Oct 6th & 20th, Nov 3rd & 17th, Dec 1st & 15th

### LIVING WITH

AUTISM

SUPPORT GROUP

TIME & DAY:

LOCATION

DATES FOR

Term 4 2022

An informal peer support group for parent/carers who are caring for children living with Autism

Fortnightly Tuesday Evenings 7-8pm

Zoom

Oct 11th, & 25th, Nov 8th & 22nd, Dec 6th

### LIVING WITH

AUTISM

PARENTING

PROGRAM

TIME & DAY

LOCATION

DATES FOR

Term 4 2022

A 6 week parenting program offering the opportunity to ask questions about the Autism spectrum and we will support you to consider different approaches/strategies to help with parenting.

Weekly Thursday 10am - 12pm

Zoom

November 20th - December 1st

Free of charge. Bookings are required.

Contact Michelle on 0438 646 744 or

StrengtheningParentSupport@anglicarevic.org.au



## FOR PARENTS & CARERS OF CHILDREN WITH A DISABILITY (including ASD, ADD)

### PARENT PEER SUPPORT GROUPS

#### STRENGTHENING PARENT SUPPORT PROGRAM

Are you a parent or carer of a child with a disability or developmental delay (with or without a formal diagnosis)? Could you use a bit of support and connection with others who understand?

Come along and join other parents and carers at one of our monthly peer support groups. Share stories and strategies, and have a cuppa, a chat and some laughs with other supportive parents and carers in a casual and comfortable environment. You can come to one or as many groups as you like!

Groups are free of charge and bookings are required

For information on groups, individual support, or if you'd like an information session for your community group or organisation, contact on Michelle 0438 646 744

Details for all groups listed over page.



PARENTZONE



PARENTZONE

*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).*

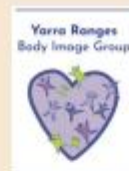
Mooroolbark

Community Bank® Branch



Bendigo Bank





YARRA  
RANGES  
REGIONAL  
MUSEUM



PRESENTS

*Embrace  
Kids*

**SPECIAL  
SCREENING  
EVENT**

A FEATURE DOCUMENTARY FOR SCHOOL-AGED KIDS, EMBRACE: KIDS IS AN UPLIFTING FILM BY TARYN BRUMFITT (EMBRACE 2016) WHICH BRINGS TOGETHER A VIBRANT COLLECTION OF STORIES FROM YOUNG PEOPLE AND FAMOUS FRIENDS ALIKE, WHO SHARE THEIR EXPERIENCES ABOUT BODY IMAGE, BULLYING, GENDER IDENTITY, ADVOCACY, REPRESENTATION AND MORE.

The night Includes:

- Popcorn
- goodie bag for the kids and parents
- a panel and Q&A with special guests

**BOOK NOW**

**FRIDAY 14TH OCTOBER**  
READING CINEMAS,  
CHIRNSIDE PARK  
6.30PM - 8.30PM



## 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.eheadspace.org.au/](http://www.eheadspace.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.

