

BAM – Bullying Awareness Movement

Research commissioned by the Federal Government shows one in every four Australian students is bullied at some point in their schooling lives. These students are three times more likely to show depressive symptoms and are nine times more likely to have suicidal thoughts or actions.

On Tuesday 18th March a group of youth workers came to Ulladulla High School to run a workshop for a group of students from Ulladulla and Vincentia High School, aiming to raise awareness about bullying. During the workshop, a police officer, psychologist from Headspace and a member of the public with personal experiences of the effects suicide and bullying can have on the victim's family, spoke to the students about the legal and personal implications that bullying can have on the bully, and the victim.

The students did a range of activities, including drama, art and musical focuses, promoting the awareness of bullying and coming up with strategies to stand against it. The workshop was an extremely eye opening experience, and the students learnt many facts, statistics and coping mechanisms to do with bullying. It was a very inspirational workshop, and has definitely had a lasting impact on many of the students who attended.

BAM (Bullying Awareness Movement) is a growing organisation that aims to raise awareness and educate youth about bullying, and is based in the Shoalhaven region.

Please get behind this important and significant movement, and raise awareness for an extremely prominent issue. Facebook: BAMShoalhaven Email: bamshoalhaven@gmail.com

Grace C, Promotional Roll Call

