



BBQ AT BELLO HIGH

BSYS are hosting a barbecue for all students of Bello High on Friday 28th March. Other youth services will also be available to tell you how they help young people, what they do and to give out promotional material.



An Australian, State, Territory and Local Government Initiative

INTRODUCING AMY...

Hi! My name is Amy Riddle and I have just started as the youth worker with BSYS. I am available to help you out with anything that may be going on for you right now, including things like love life, home life, school life, work life, money stuff, getting in trouble and wanting something to do. The list is endless. If something is affecting you then I want to help and if I can't help you then I can probably put you in touch with someone who can. I also get given loads of stuff about great opportunities that young people can get involved in which I would like to pass onto young people who like to get involved. So where can you contact me? Well, there is a BSYS office in town which is open Tuesdays, Wednesdays and Fridays but I will be hanging out at the school some days and will talk at an assembly on the 4th March so you will know who I am when you see me. Also you can ring the office number 6650167 and I can give you a call back to arrange a time to meet up. Looking forward to meeting you soon.....



SWITCH TRIP

Bellinggen and Seaboard Youth services have organised a bus to take young people to the Switch Skate Park in Port Macquarie on Saturday 15th March. The cost of the return bus trip is \$10 (thanks to the low cost availability of Community Transport services), and the entry fee to Switch is \$10 (young people are responsible for this themselves). The bus will leave Bellinggen at 8.00am to arrive in Port at 10.00am for the opening of Switch. The bus will also stop in Urunga if required. It is anticipated that the bus will return to Bellinggen at 7.00pm. This trip will be on a first to pay first to go basis and there are a limited number of places available. All enquiries and payment to BSYS on Tues, Wed or Fridays. If you want to go but can't call in to BSYS, please ring 66550167.



National Youth Week will take place this year from the 5th—13th April. The theme this year is Shout Share Live Unite and BSYS are busy planning activities which young people can get involved in during the week. We are also trying to encourage other groups that work with young people to organise their own event and we get a grant every year so we can pay groups to do their own thing. We will have our art exhibition this year and entries can be received from young people from the Bellinggen and Seaboard areas of the Bellinggen Shire in a whopping 7 different categories. The categories are painting, drawing, 3D/sculpture, Fashion design/textiles/jewellery, photography, creative writing and film. Prizes are cash for each category plus and overall grand prize and a people's choice award. Entry forms are available from the BSYS office or can be downloaded from the website at www.bnc.org.au/youth. The official launch will take place on Monday 7th April at 5pm at the Gallery and Framing Studio, Hyde Street, The other big event taking place on the 13th April is the Wired youth concert. This will be held on the open air stage in Urunga and is an opportunity to showcase your talents or support other people showcasing theirs....there are still a few spots available for any keen musos, singers, dancers to get up and perform. The concert will run from 1—4pm. There will be a youth info stall and refreshments will be available.

Need to talk????

KIDS HELP LINE

1800 551 800

LIFELINE 131114

www.reachout.com.au

www.counsellingonline.org.au

Headspace is Australia's National Youth Mental Health Foundation. headspace aims to deliver improvements in the mental health, social wellbeing and economic participation of young Australian's aged 12—25. To this end, headspace aims to be the focal point for youth mental health issues across the country. This includes providing funding to improve services for young people who may be experiencing mental health and/or drug and alcohol issues and the latest info about these important issues. There are 30 funded headspace services located in each state and territory across Australia. headspace aims to raise awareness about the need to seek help early if mental health and drug and alcohol issues emerge providing clear info about how and where to get help. So what is a headspace service?

- A youth friendly, community based health service for young people and their families.
- A place where young people can receive help for a range of issues, like health, education, work, mental health and drug and alcohol use.
- Staffed by GP's Allied Health, Mental Health, Youth workers and Drug and Alcohol workers who have specific experience in working with young people
- A confidential low cost or free service dependent on situation
- A locally run initiative established by organisations that understand your community
- A place where young people and families are encouraged to become involved.

A headspace hub will be established in the Bellingen area in the next few months, There is currently a hub in Nambucca heads and one for Coffs is opening soon. Watch this space for more info or check out www.headspace.org.au for more.

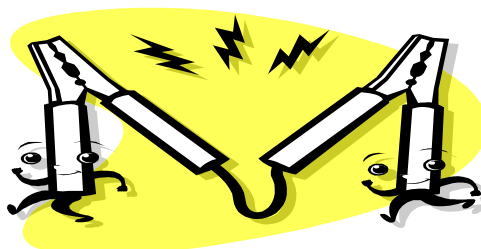


BABY-SITTING GUIDE

The NSW Commission for Children and Young People has produced a Baby-sitting guide for Young People. This is an excellent booklet which has heaps on info on things like what to do before you start, activities for children, safety things, first aid, what to charge and emergency stuff. If you are thinking of babysitting check out the website for this resource at www.kids.nsw.gov.au

THE SPARK FUND

The Foundation for Young Australian's is calling for applications from young people for **The Spark Fund**. The Spark Fund financially supports young people aged 12—25 years to "ignite an innovative idea" which makes a positive contribution to the community and enhances their skills and experiences. Individuals or small groups of young people may apply for the Spark Fund. This can be done with the support of an organisation. Applications can be made during 2008, with 3 opportunities for funding throughout the year. Applications for the Spark Fund need to be received by 26th March 2008. Find out more by logging onto www.youngaustralia.org or calling 03 9670 5436 or 1800 252 316



A new study has revealed that nearly all young people will experience some form of mobile phone bullying. The study from Queensland University of Technology, surveyed 218 Queensland teens and found 93.6% had been a victim of mobile phone bullying. The study also revealed that m-bullying is more common among male students but it was more likely to have an upsetting effect on females. M-bullying is just one type of cyber bullying that includes bullying carried out through an Internet service such as email, chat room, discussion group, online social networking, instant messages or web pages. It can happen to anyone and the bully can act anonymously. It is really important to know how to protect yourself and how to respond if you or a friend is being cyber bullied. According to the reachout website, cyber bullying is a criminal activity and is illegal under certain circumstances which include harassment and making threats. If you are being cyber bullied there are things you can do to stop it happening including

- Keep a record including the time and date—this may help you (or the Police) to find out who is sending messages
- Tell someone—a friend, parent, teacher, youth worker
- Contact your phone or internet service provider and report what is happening—they can help block messages from certain senders
- If messages are threatening get in touch with the Police—This sort of bullying IS ILLEGAL
- Don't reply to messages—if you ignore it the bully may leave you alone
- Change your contact details—get a new user name for the Internet, a new email account and a new phone number
- Keep your user name and passwords secret. For more help go to www.reachout.com.au