



Life Choices
FOUNDATION PRESENTS

THE DIGITAL MAKE BULLYING HISTORY PROGRAM



THE ISSUES

- 63% of school students in Australia experience bullying weekly.
- Suicide is the #1 killer of young people, in Australia.
- For each young person who takes their life, a further 161 will attempt to take their life.
- In 80% of ALL suicide cases, bullying is the main contributing factor.
- Bullying impacts self esteem, self worth, academic engagement, student morale and attendance.
- Australia is experiencing the highest rates of school bullying and suicide in recent history.



THE GOAL

The Life Choices Foundation's partnership with Safeheart, brings you the Make Bullying History Program. A program that can reduce rates of bullying incidents and increase the feeling of safety within the school community.

The evidence informed program shares real life stories of how individuals and school communities can overcome bullying, help be there for each other and make school enjoyable, not endured. Together, we can make bullying history in your school.



THE PRESENTER

The program is delivered by Brett Murray, Australian of the Year Nominee, former State Champion Boxer and State level competitor of 5 different sporting disciplines.

Brett draws on his life experience to help deliver the Program. So, what makes Brett's story so engaging? Briefly, he was the victim of chronic bullying throughout his high school life. He struggled with suicidal thoughts at the age of 15 and was a child of divorced parents.

Brett's story is one of hope, that your past does not dictate your future.



THE DELIVERY

Students learn that they have a greater future than their past and that every person has intrinsic worth and value.

Delivered digitally via Vimeo, with electric energy, lots of humour and a solid balance of evidence informed statistics, stories and a challenge to change school culture, the Life Choices Make Bullying History Program is a powerful must-see for all ages adding considerable value to mental health and well-being of each student.



THE DETAILS

Audience: Years 7-11.

Focus: Identifying what bullying is, what bullying is not, why people bully and how we can stop it, self esteem, self worth and challenging young people to aspire to achieve their dreams.

Groups: Students in single or multiple year groups or whole school assemblies.

Length: 60 min.

Feedback Forms: Students & Teachers to complete mandatory feedback after the presentation via online or paper surveys (school preference).

Additional Resources Provided: Free e-book for each participant containing presentation information.

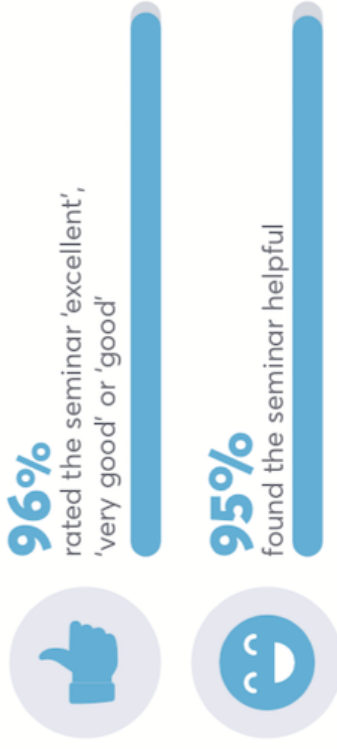


THE COST

- **FREE** for State High Schools subject to students & teachers completing feedback forms via Survey Monkey (takes 5 mins & links provided).

Impacts of Make Bullying History Foundation Seminars

Evaluation of Bullying Seminar

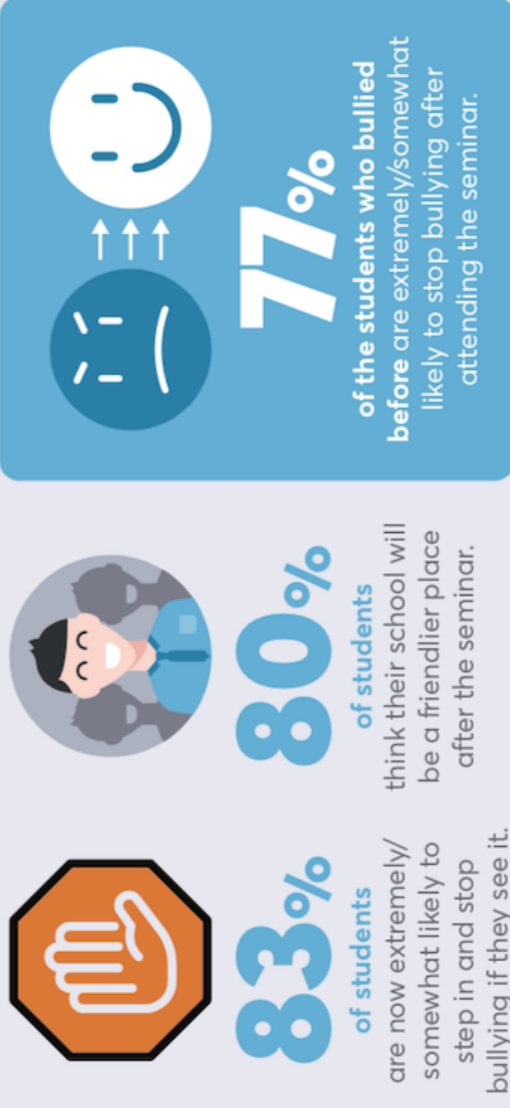


MBHF improves student confidence to handle bullying

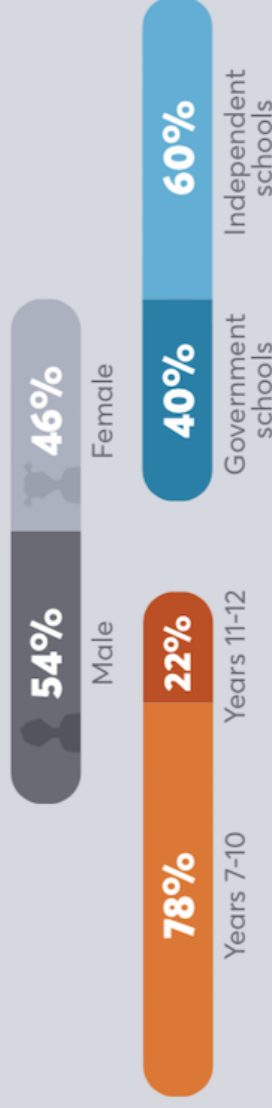
Students were asked how confident they were to deal with bullying before and after the seminar.



Impact of the seminar on school environment



Who attends



Methodology

The MBHF surveyed students from 4th Sep 2017 to 22nd October 2018 with 840 people commencing the survey and 692 completes.

Source: McCrindle, ABS ©2019.

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mccrindle

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makebullyinghistory.org



THE FEEDBACK

"It was amazing! We learnt about everything to do with bullying and how it can affect people."
- Year 9 student

"It was funny, informative and reassuring that I am not alone."
- Year 10 student

"Brett is a very inspiring individual, and a good role model to his audience."
- Year 10 student

"Brett Murray (the legend himself) was engaging and funny. Good stuff!"
- Year 8 student

"Funniest and most inspiring bullying talk ever."
- Year 9 student

"Inspirational - the best presentation I have ever watched."
- Teacher

"A powerful, strong and engaging message that speaks to our students."
- Teacher

"Great presentation - very informative for the students. Relatable, honest and targeted at the right level to the audience."
- Teacher

"An amazing presenter who knew how to connect with teenagers. Well done."
- Teacher

"The best presentation I have seen on this topic in my career."
- Teacher



SIGN ME UP!

To experience the Make Bullying History Program in your school, contact our team at Life Choices Foundation and find out where we're touring next, arrange a booking or have a chat about our other Programs.

Call: 02 9541 8566

Email: programmanager@lifechoicesfoundation.com.au

Web: www.lifechoicesfoundation.com.au

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