



# THE MAKE BULLYING HISTORY PROGRAM



## THE ISSUES

- Australian schools reported a 70% increase in bullying in 2022.
- 72% of schools reported managing at least one incident of online bullying per week.
- Suicide is the #1 killer of young people in Australia.
- In 80% of ALL suicide cases, bullying is the main contributing factor.
- For each young person who takes their life, a further 161 will attempt to take their life.
- 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. The program 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 and teaches students that their past does not dictate their future.



## WHO WE ARE

Running for over 15 years, the Life Choices Foundation is a registered charity that aims to reach, engage and impact teenagers and provide them with a framework from which they can make positive choices around some of life's important decisions.



## THE DELIVERY

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

Delivered with electric energy, lots of humour and a solid balance of evidence informed statistics, stories and a challenge to change school culture. The Make Bullying History Program is a powerful must-see for all ages, adding considerable value to the 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 and Teachers complete mandatory feedback after the presentation via online link (preferred) or paper surveys.



## THE REQUIREMENTS

- Sound System
- Data Projector
- 1 x Cordless Microphone
- Multimedia System Access



## 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: [manager@lifechoicesfoundation.com.au](mailto:manager@lifechoicesfoundation.com.au)

Web: [www.lifechoicesfoundation.com.au](http://www.lifechoicesfoundation.com.au)

*Life Choices*  
**FOUNDATION**



**Make Bullying History**

F O U N D A T I O N

