



A Blue Light Victoria program

THE Blue EDGE Bulletin

September 2022

And just like that...

the term is over! Well done and congratulations to all our Blue EDGE teams, particularly the 162 students who graduated.

Each group has shown great commitment and enthusiasm for the program. We've loved hearing the positive stories and seeing so many smiles on faces.

Thank you to our amazing Facilitators, School Leads, Police Leads and Fitness Trainers! Your efforts this term have been fantastic, we couldn't run the program without you and appreciate all your hard work!



Blue EDGE Frankston



Blue EDGE Broadmeadows

As always, the Longest Day has been a massive highlight for the students, giving them a chance to step out of their comfort zones and work as a team.

It was fantastic to see everyone give all the activities a go and challenge themselves in some way. Also awesome to see the encouragement for each other.

Tales from Blue EDGE

Each workshop discussion starts with a Breakfast Question. These are designed as conversation starters - to break the ice and get the group thinking after the fitness session.

When asked '*What is something that made you smile recently?*', one group overwhelmingly responded with... "each other."

This is just one story which highlights the incredible bond the groups have built over the last 8 weeks.



Blue EDGE San Remo

Focusing on Mental Health

Mental health continues to be an important part of our health and wellbeing, particularly so over the past few years and more than ever for young people.

Part of Blue Light Victoria's mission is to equip young people with tools to support their mental and physical wellbeing. Within Blue EDGE this is delivered each week through the fitness session, breakfast question and various workshop activities.

Week 7 of the program is Mental Health week where we focus on different elements such as being confident to talk about mental health, recognising personal triggers, dispelling stigmas, learning how to manage stress and using mindfulness as a strategy.

As with all Blue EDGE content we keep the activities fun. In The Streamer Metaphor, participants tie streamers to their wrists and ankles with the aim being that they need to protect their own streamers while simultaneously trying to break everyone else's.

While there is no right answer to what the streamers represent, interpretation is that the streamers each person is looking after is themselves and their mental health which is difficult to do when you simultaneously have to worry about all of life's other challenges that are happening around you and require your attention.

Another activity during Mental Health week is Positivity Take-Aways. Participants write themselves positive messages that they can refer back to when they are having a bad day. These include something they are grateful for, someone who is important to them, something they are proud of, things that make them feel good etc. Each message is written on a slip of paper and they are encouraged to continue adding to their takeaway box moving forward.

The week has definitely been a stand out for all participants and one we can all agree on, is an important topic to be talking about.



Blue EDGE Maryborough

Spotlight!

Olivia - Broadmeadows Facilitator

What's the best part about being involved in Blue EDGE?

My favourite part about Blue EDGE is getting the opportunity to connect with young people. It's fantastic to be able to share my experiences with them and help them work through their own challenges!

If you had to pick one age to be permanently, which age would you choose and why?

I really like being 23, so maybe 23? Or maybe 25, give myself a couple of years to grow!

What advice would you give your teenage self?

Find what you love and do it! The things you enjoy and are passionate about will lead you down the right path.

If you could snap your fingers and become an expert at something, what would it be and why?

I would love to become an expert pianist

Who is your celebrity crush?

Harry Styles and Zendaya

If you could become any cartoon character for the day, who would you be and why?

Bugs Bunny so I can play basketball with Michael Jordan!



Blue EDGE Maryborough

We Need Your Help!

Did your child/ward participate in Blue EDGE this term?

Are you a School Lead, Police Member or Fitness Trainer who attended the program?

Have you filled out the Feedback Survey?

The Post Program Surveys are important for the continuation of Blue EDGE. The responses form part of the program evaluation which will in turn help us in receiving further grants for future years.

Your support in completing the below surveys is greatly appreciated!

Families: https://www.surveymonkey.com/r/BE_Fam_T3_2022

Community Member: https://www.surveymonkey.com/r/BE_Comm_T3_2022



Blue EDGE Red Cliffs



Blue EDGE Newcomb



Blue EDGE Cranbourne

Blue EDGE is a Blue Light Victoria program run in partnership with Victoria Police.

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Follow us!



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