



A Blue Light Victoria program

THE Blue EDGE Bulletin

August 2023

Blue EDGE - Term 3 Begins!

The Blue EDGE team is thrilled to be back for another term with over 270 students enrolled in Term 3 programs.

We have several new schools on board this term, including [Castlemaine Secondary College](#), [Diamond Valley College](#), [Elisabeth Murdoch College](#) in Langwarin, [Lowanna College](#) in Morwell, [McClelland College](#) in Frankston, [Mt Rowan Secondary College](#) in Ballarat, [Reservoir High School](#), [Sunbury Downs College](#), and [Wyndham Central College](#).

Joining them are [Coburg High School](#), [Weeroona College Bendigo](#), [Kurnai College – Morwell Campus](#), [Orbost Secondary College](#) and [Traralgon College](#), along with [Cranbourne East Secondary College](#) and [Clyde Secondary College](#) who are continuing their program from last term.

We also welcome new facilitators Angie, Declan and Sarah. It's fantastic to not only have more programs running, but the Blue EDGE team is expanding - the future is looking bright!



Blue EDGE Coburg

Communication Square

Communication and collaboration are essential elements to a Blue EDGE program, which is why it's the second module we undertake. The module explores the relationship between communication, collaboration, and cohesion as well as thinking about the roles we play in a team and how that contributes to outcomes.

The Communication Square activity gives students the opportunity to work together in an unconventional way. Students need to form a square with a piece of string, which is easy enough unless you're blindfolded! Using only their words they must work together to figure out where the corners will be and ensure the sides are even.

After removing their blindfolds, they can see how well they did and in turn how good their communication skills are. This leads to a conversation around ensuring everyone contributes, is being included and feels valued within the group - setting up the expectations for the remainder of the program.

"It feels like the group is able to communicate better and speak up more than previous weeks. The way they were answering and discussing the questions was amazing to witness."



Blue EDGE Orbst



Blue EDGE Cranbourne East

"Blue EDGE has been a wonderful experience where I have watched my daughter begin the program quite shy and reserved..."

"The personal growth she has had is amazing and I am truly thankful for the program" - Parent

Spotlight!

Mackenzie Lockwood - Bendigo Facilitator

What do you like most about facilitating Blue EDGE?

Working with participants and seeing the change over the span of the program. There's always lots of laughing and bonding!

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

Not exactly a cartoon character, but Hermione Granger. I love Harry Potter and I was always told we were quite similar. And also, how cool would it be to go to Hogwarts!!

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

Every written and spoken language in the world. I love speaking and learning different languages and think it's an immensely important skill to have!

If you could only eat one meal for the rest of your life, what would it be?

It would have to be Weet-Bix. I've eaten it for breakfast every day for 18 years and sometimes even for dinner.

If you had three wishes, what would they be?

1. An endless amount of books
2. To be successful in life
3. Achieve what I desire



Value of our Values

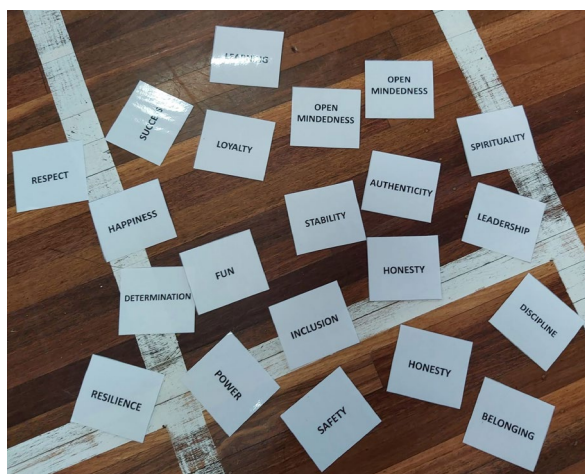
Identity Week starts with a discussion around values. We explore the meaning of personal values and how they play a role in shaping our personalities.

We know that young people may often have similar values to their family and friends, but they may not have given much thought to what these actually are!

In the Value of our Values activity, each person is given three cards, with a value on it. The group takes time to walk around, discussing the different values and learning about what they mean, and what they look like in real life. Students have the opportunity to trade cards, with the objective of building a set of values that resonates with them.

The facilitator then asks each group member to prioritise the final three values, and leads a discussion around how hard or easy it was to do, why they have chosen a particular value and does the top value remain the same if it is the only value they get to hold. The final part of the activity is a further discussion on the group's values and how they will uphold them throughout the program.

We do this activity because we know that young people who reflect on their values are often better at making healthy decisions, as they're more likely to make them with their values in mind.





Blue EDGE Woodmans Hill



Blue EDGE Bendigo



Blue EDGE Castlemaine



Blue EDGE Mt Rowan

Follow us!



www.bluelight.org.au

blueedge@bluelight.org.au



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

Blue Light Victoria would like to acknowledge and thank the Department of Industry, Science, Energy and Resources for their ongoing support and funding for the Blue EDGE program.



Australian Government
Department of Industry, Science,
Energy and Resources