



A Blue Light Victoria program

# THE Blue EDGE Bulletin

May 2023

## Term 2 2023 Update

Blue EDGE Term 2 is well underway, and we've already seen some wonderful results. Groups are becoming more open about sharing their opinions and some students are having aha moments - developing a deeper sense of self awareness.

This term we are delighted to run more programs than ever before – with 13 schools participating including Bendigo South East College, Clyde Secondary College, Cranbourne East Secondary College, Traralgon College and Viewbank College who are all running Blue EDGE for the first time. They are joined by Bairnsdale Secondary College, Weeroona College Bendigo, Hume Secondary College, Gisborne Secondary College, Maryborough Education Centre, Newcomb Secondary College, Orbost Secondary College, and Woodmans Hill Secondary College.



Blue EDGE Maryborough

As we look towards the current Australian Government grant ending, this term sees the first of our Fee for Service Blue EDGE programs and the expansion of the Blue EDGE Module Library. The Library includes 6 different topics, 4 of which the schools select to be delivered. This enables us to tailor Blue EDGE to the needs of each school community. New topics include the redeveloped Mental Health and Wellbeing module as well as Accessing Support, and Alcohol and Other Drugs.

We look forward to bringing on more Fee for Service schools in the latter part of the year and further expanding this offering in 2024.



Blue EDGE Traralgon

## Back to the Blue Light Disco

On Saturday 20th May, we held our major fundraising event 'Back to the Blue Light Disco'. The night was a great success raising over \$55,000 for our In-School programs including Blue EDGE and DASH.

We highlighted the fantastic work of Blue EDGE, including an interview with Cranbourne student Martin who spoke about his experience. Attending with his family he talked about creating connections with people he wouldn't have otherwise met, getting to know police as people rather than just authority figures and how supportive and accepting the facilitator was. Plus of course, how much he loved the fitness sessions! We're extremely grateful to Martin for showing courage and sharing his story.



Martin and his family

## Blue EDGE in the news

Did you see the Blue EDGE program on Nine News? We were fortunate enough to be featured on the news earlier this month, with channel 9 reporter Heidi Murphy attending Blue EDGE Cranbourne. The story focussed on the Australian Government funding ending in October as well as the benefits students and police members gain through attending.

You can view the story by following this link, <https://www.youtube.com/watch?v=jFAzv-uyBpY>.

If you or someone you know would like to become a corporate sponsor of Blue EDGE, please contact us via email at [programs@bluelight.org.au](mailto:programs@bluelight.org.au).



Blue EDGE Cranbourne



# Spotlight!

## Katelyn - Clyde Facilitator

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

I really enjoy getting to interact with all of the young people and create a space where they can feel safe to learn and grow together within the 15 sessions.

### If you could invent something, what would it be?

A device that allows you to travel anywhere in the world in under 60 seconds.

### When you were a kid, what did you want to be when you grew up?

It kind of flipped between an Olympic swimmer and a police officer which then also turned into wanting to become a sport teacher.

### What's something you've done, but will never do again?

Riding in a helicopter! Once was enough for me.

### If you could only have three apps on your smartphone, which would you pick?

Waze – so much better than google maps.

Spotify – because I'd be forever bored without music.

Photos – got to have some saved memories to share around.

### Which animal resembles you the best? Why?

A friend of mine once told me a resembled a Koala because they kind and comforting towards others, and I really resinated with this.

### What advice would you give to your teenage self?

Be patient, your time will come.



## What are our Strengths?

The second session of Identity week focusses on Character Strengths – exploring the meaning of the term and allowing students to recognise their own strengths. The 'What are our Strengths' activity gives students a chance to tackle 5 different tasks which highlight different strengths such as physical, logical and creative. However, students soon discover that strengths can also be 'superpowers' - such as determination, motivation and empathy, the things we draw on when we are faced with a challenge or difficult time and what we use to overcome that challenge.





Blue EDGE Newcomb



Blue EDGE Gisborne



Blue EDGE Bendigo



Blue EDGE Woodmans Hill

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

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