

The Bounce Back! Program which the school has adopted aims to help young people function well, both at school and in life. It provides practical strategies to help them cope with the complexity of their everyday lives and learn how to 'bounce back' when they experience sadness, difficulties, frustrations and challenging times.

Bounce Back covers the key concepts of resilience and wellbeing with age appropriate content in the areas of self-knowledge, social awareness and self-management.

The Bounce Back values are listed here and are taught throughout the school and reinforced whenever possible.

- ❖ Honesty
- ❖ Fairness (including social justice)
- ❖ Responsibility
- ❖ Support (being kind, showing care and compassion)
- ❖ Cooperation
- ❖ Acceptance of differences (accepting, respecting, living with and finding the positive side of differences in others)
- ❖ Respect (for the rights and feelings of others; self-respect, e.g. cybersafe behaviour and protective behaviours)
- ❖ Friendliness and inclusion (being friendly and socially responsible, including others in games, activities and conversations).

The core of this Australian program is the **BOUNCE BACK** acronym. This acronym helps children and young people to memorise and recall 10 basic coping statements based around positive self-talk.

Bad times don't last. Things always get better. Stay optimistic.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset. Think again.

Nobody is perfect – not you, not others.

Concentrate on the positives (no matter how small) and use laughter.

Everyone experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?

Accept what can't be changed (but try to change what you can change first).

Catastrophising exaggerates your worries. Don't believe the worst possible picture.

Keep things in perspective. It's only part of your life.