

From Wisdom to Ways: Enhancing Student Well-Being - Abstracts



Dr Michelle Tye

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Presentation Title: Suicide prevention in the classroom: How to do it, and do it well

Abstract:

Suicide is a leading cause of death among those aged 10 – 19 years, and rates of youth suicide are growing at almost twice the rate of the general population. This unprecedented increase in youth suicide is occurring despite ongoing prevention efforts, highlighting that we need more effective suicide prevention to stop young people from reaching a crisis point. Early prevention is an important part of reducing young people’s risk of suicide, with evidence suggesting that suicide prevention programs implemented in schools can effectively reduce rates of suicide, as well as major mental health risks (depression, anxiety) which are associated with suicide. In this workshop, we will review the research literature on what is effective in schools-based suicide prevention, with a consideration of why the school environment is the optimal setting in which prevention efforts should be directed. Key risks and warning signs of youth suicide will be discussed. We will then walk the audience through evidence-based suicide prevention programs for schools that are currently available, or will become available to schools soon, and e-health online programs that are for mental health more broadly, and which have evidence for reducing suicidal thinking. We will then briefly address some of the key barriers to the implementation of prevention programs in schools. Engagement and the ways that technology can overcome these some engagement issues will be considered. We will conclude the workshop by talking to the practical ways in which teachers can access, promote, and deliver, prevention programs to improve wellbeing and prevent suicide risk in their school communities.

At the end of this workshop, participants will be able to:

- Describe what the risks for suicide among young people are;
- Understand what role teachers have in addressing the problem of youth suicide
- Recognise, and explain, the importance of choosing evidence-based programs for suicide prevention;
- Identify practical ways to improve suicide prevention efforts within their school community
- Understand how they can access expertise and support to deliver suicide prevention initiatives within the school environment
- List important considerations for the implementation of programs in schools
- Identify ways to improve communications between educational and wellbeing staff and students to reach at risk students early enough to prevent crisis.



Dr Aliza Werner-Seidler,

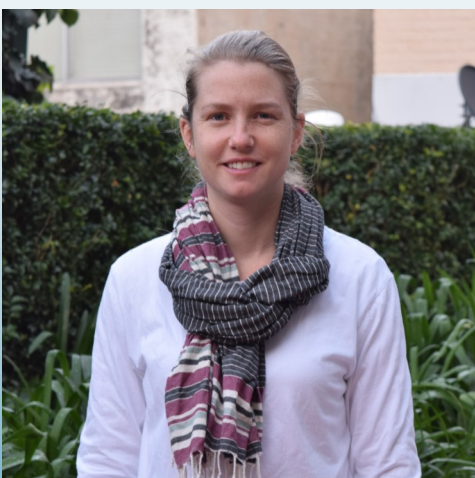
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Presentation Title: On the Straight and Narrow: Gender, Sexuality and School Violence

Abstract:

Teachers and school staff continue to rely on fixed definitions of ‘bullying’ to address anti-social behaviour in school. While these definitions were formed in the 1970s, they still closely inform the definitions at work in NSW schools and the DET. This session will review these definitions of ‘bullying’ and how they often fail to capture the realities of violence in school. In addition, it will explore the ways that gender and sexuality are central features of violence that takes place in school, and the reasons why this type of violence remains largely unaddressed. Finally, it will provide information about the young people who experience this violence and its affects on them.

- Learning objectives of the presentation
This presentation will encourage participants to:
 - Review their own understanding of ‘bullying’ and interrogate which violence ‘fits’ and which does not
 - Recognise the integral place of gender and sexuality within school violence
 - Identify that violence polices the gender and sexuality of all students in a range of ways



Dr Victoria Rawlings

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