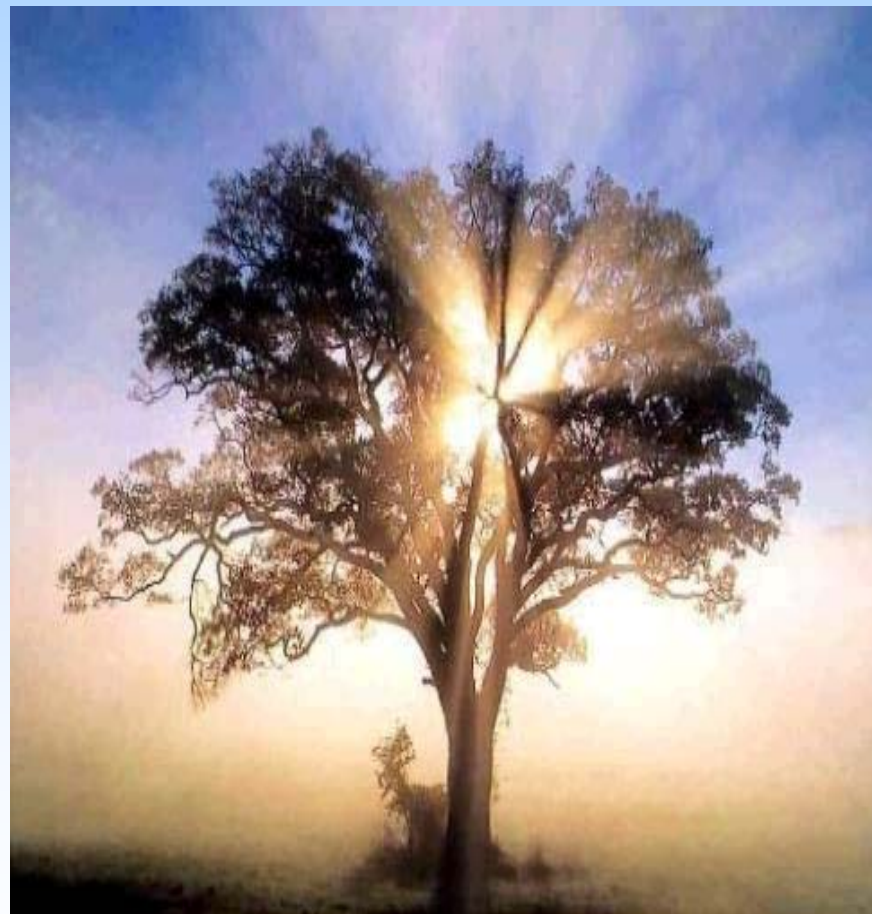


Cnr River Terrace & Penny Street  
PO Box 1473, Bundaberg Q. 4670  
Ph:07 41538400 Fax:07 41534949  
Email:lifeline.bundaberg@lccq.org.au  
Website:lifelinecoralcoastcapricorn.org.au

Facilitated by the Supporting Children After Separation Program  
(SCASP) funded by Department of Families, Housing, Community  
Services and Indigenous Affairs (FaHCSIA)

# *Tree of Life*

**Bundaberg November 09**



# TREE OF LIFE



During The Tree of Life, we were talking about trees and forests and our connections to each other and the earth. We started to think about how strong and big trees and animals were and how adaptive some of them were. This led us to thinking about the storms of life.

## Dangers to Trees

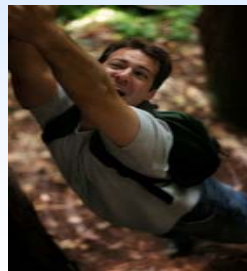
We all agreed that though trees and forests are big and strong, there are still dangers to them. Some of the dangers we identified were:

- |              |                |                   |
|--------------|----------------|-------------------|
| Fire         | Earthquakes    | Natural disasters |
| Big winds    | Tsunamis       | Termites          |
| Storms       | Drought        | Beavers           |
| Floods       | Global warming | Erosion           |
| Crazy people | Acid rain      | Loggers           |

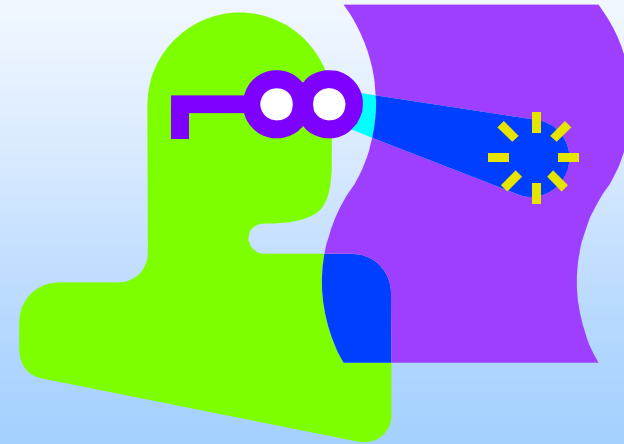


## Dangers to young people

- |                    |                        |               |
|--------------------|------------------------|---------------|
| Drunk people       | Taking lots of risks   | HIV           |
| Allergic reaction  | Unprotected sex        | Rape          |
| Crazy people       | Jumping off bridges    | No license    |
| Gangs              | Pedophiles             | Drink driving |
| Drugs & alcohol    | Car accidents          | Peer pressure |
| Other people       | Abuse - verbal,        | House fire    |
| Bad influences     | emotional, bashing,    |               |
| Parents and family | threatening, sexual    |               |
|                    | Trust the wrong people |               |



## Usefull Numbers



**KIDS HELP LINE— 24hrs— 1800 551 800**

**LIFELINE—24hrs — 13 11 14**

**PEIRSON Adolescent Support Centre—41512299**

## Helpful Websites

[www.Youthbeyondblue.com](http://www.Youthbeyondblue.com)

[www.youthservices.com.au](http://www.youthservices.com.au)

[www. Bcd.org.au/index.aspx](http://www.Bcd.org.au/index.aspx)

[www.phoenixhouse.com.au](http://www.phoenixhouse.com.au)



**Phillip:** I was born in Western Australia and I have a few cultures in my family. Some of my ancestors are Indigenous. My other ancestors come from England, China and Malta. I would like to learn more about my history. I think I'm a good friend because I'm fun to be around and I care for people. I'm a good swimmer and would like to become a swimming coach. I really appreciate the support I get from Craig.



**Jamie:** I come from Bundaberg but my ancestors came from England. I know a lot about cars and house painting so I guess you could say that I'm good with my hands. I paint houses with my Uncle and I'm getting paid now. One day I'd like to be a mechanic. My grand dad has taught me a lot so I'm truly grateful.

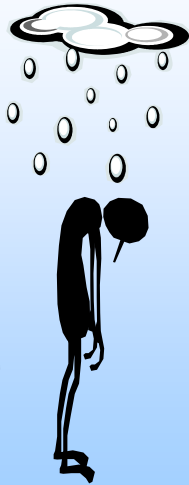


**Brandden:** My greatest strengths are talking, laughing and Communication. I really enjoy cooking too. My favourite music is heavy metal and especially AC/DC. One of the bravest things I have ever done was go on the WIPE OUT at Dreamworld. My dreams include my becoming a millionaire and own my own mansion.

## How young people are affected by the Storms of Life

Death  
Depression  
Anxiety  
AIDS  
Suicide  
Self-harming  
Addiction

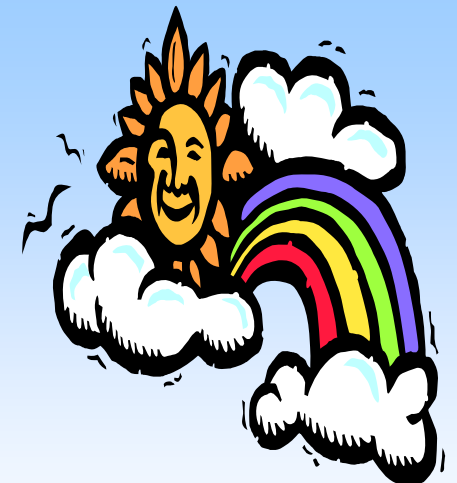
Bad habits  
Low self-esteem  
Jealousy  
Not working  
Kicked out of home  
Kicked out of school  
Unemployed  
Not finding jobs



## After the storm has passed

We all agreed that storms are not always present in our lives. The things that young people do when the storms are passed include:

Dance  
Jump up and touch the moon  
Spend time with friends  
Play Xbox 360  
Laugh  
Be silly  
Buy a present for myself  
Get in touch with nature  
Go out for tea



# What young people can do to protect themselves

Don't hang around crazy/drunk people

Call a cab rather than accept a lift from a drunk driver

Ignore peer pressure, bullies, drunk people

Call the police – call 000

Don't drink or take drugs

Say “No” to peer pressure

Stay away from bad people –  
hang around different people

Avoid places where you know bad things happen (like gangs)  
Go to AA



Pretend to have something else to do rather than accept an invitation to do something you don't want to do (like taking drugs).

Ryan: I can do all sorts of tricks on my skateboard. I always stick up for my friends and I reckon I am a good friend, although I like spending time by myself too. One day I want to be a game designer and be rich.



Preston: I am a really energetic person and I think I will reach my goals. Reading is important to me – I get that from my dad. I'm proud that Mattie Bowen is my uncle and I love football too. Like Mum, I really care for others. One day I'm going to be the richest man on Earth.



Jim: I was born in Victoria but my ancestors are Aboriginal, Italian and Scottish. I love to play Xbox 360—almost as much as I like chocolate! I'm a good friend because I am good at caring for and supporting people. I especially like making people laugh. I'm good at caring for animals. One day I'd like to sponsor a child. One of my dreams is to own my own house, have a baby daughter and be an athlete.

**Malcom:** I care for my pets and regard my dog as my mate.  
I value my family highly and truly believe that it is important to care for each other. I would like to join the armed forces when I leave school.  
I would also like to have a family of my own one day.



**Nakia:** I have a good sense of whether people are being truthful with me. This is well-balanced by my wicked sense of humour.  
I get my sense of humour from my dad who was a real-life clown.  
I really enjoy getting on with people, especially young people and older people. I think my good communication skills come from my dad and grandfather. One day I'd like to be a striker for my soccer team.



**Kyle G:** I enjoy taking art classes and drawing. I also love riding horses – a talent I got from my nana. It's important to work hard to achieve.  
Having a laugh is important to my family. When I leave school I would like to join the armed forces. I would also like to have a family of my own one day.

Get help from parents

Get help from siblings

Kids Helpline

Help from friends – call a friend

Talk to friends

Counseling

School chaplain

Teachers

Drink in moderation

Run away screaming

Warn people

Have a designated driver





## Individual Stories

Jeffrey: My confidence comes from my mum. I am very sporty which I guess is from my dad (especially his motorbike riding). But.. I'm still waiting for my dad to give me a motorbike! Maybe at Christmas. My friends call me "Muscle Man" because I am so strong. I get that from Dad too.



Michael: I'm not big on talking about myself. I'd rather sleep. I know I'm a good friend and a good brother – that's pretty important to me. My mate is "muscle man Jeffrey". One of my dreams is to be sponsored as a bike rider. I'm also kind of a beach guy. My uncle has inspired me to want to be in the army.



Keenan: My favourite things to do are to work out and hang out with Preston and my other mates. I'm pretty busy. I'm an action man. My energy for life comes from my mum. One of my dreams is to join the army and have a family. I get my looks from my dad. I reckon my greatest gift is my family.

Jaxon: I was born in Bundaberg and have never left Queensland. One day I think it would be fun to visit somewhere else. I'm a good talker and love to annoy people – it's fun. I think I get my sense of humour from my mum and my communication skills from my dad. One day I'm going to own a night club and be mega rich.



Leeton: I grew up on the Gold Coast so I'm only new to Bundy. I miss the Gold Coast because I miss the chicks. I'm a good friend because I always stick up for my friends. I love to have a joke. I hope to play NRL for the Titans when I leave school. I'm fast and get my skinny legs from my dad. Clint is a great support to me.



Kyle L: My hair is pretty important to me – it's much better than Dad's cause he's going bald! I work on my auntie's farm because I'm a good worker. I'm also good at earning money, because I like money. The value of working has been taught to me by my mum. One day I'll be a builder and own my own business. I plan to be a big achiever through my own hard work. I reckon my Nan would be proud of me.