

WINDSOR WHISPERS

THE VOICE OF THE STUDENT BODY OF WINDSOR HIGH

White Ribbon Edition

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Windsor High School held their White Ribbon Concert on the 4th of September



Stress Relief
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Self care is important! WW gives you the tools to relax with Bath Bombs and Stress Balls



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This White Ribbon edition of Windsor Whispers contains the facts about domestic violence and you.

Do you want to write for Windsor Whispers?
Speak to Mrs West to find out how to apply.

Molly's Story

Translated by McKeeley

"Stop that!" Teddy screamed at Mikey, "You can't just go around abusing Molly because you're the new pup in town," Teddy exclaimed. Molly wandered off with her tail between her legs as Mikey stood up and laughed. Molly curled up in her bed and whimpered feeling defeated and sad.

"Come on Molly," Teddy said. Molly took no notice of Teddy, she rolled over in her bed and tried to ignore him. Teddy left and fetched his favourite toy (which he knew Molly loved too) and invited her to come and play. Molly's ears pricked up when she heard the squeak of the ball.

Teddy and Molly played joyfully around the big pine trees standing tall and proud. "Ouch!" Molly cried. She had run into the tree's trunk and lost her balance.

"Where did the ball go?" Teddy questioned.

"Well I was chasing it when I ran into the tree, maybe it rolled down the hill into those bushes down there." Molly galloped down the hill towards the bush when she came to a haltering stop.

"What are you looking for?" Mikey grumbled as he pushed his way in front of Molly's path. "Nothing, please leave me alone Mikey." Molly whimpered, her head down and tail between her legs.

"Leave you alone?" he taunted and laughed. Molly felt humiliated. Suddenly, Mikey swiped Molly's face with his large paw and ran to retrieve the ball all for himself.

Shortly after, Molly sat in a slump, feeling very upset. Her new brother wasn't supposed to be abusing her. He was supposed to look after her, love her and most importantly, not hit her.

Teddy came wandering down the hill looking confused. "Why are you sitting here Molly? The ball rolled all the way into those bushes where we built our cubby house last summer." Molly didn't answer, she turned away and started to head back up to her dog bed on the verandah. "Wait!" cried Teddy, "It was Mikey, wasn't it?" Molly's tail lowered even more as she whimpered and nodded her head, before running off.

Teddy didn't chase after Molly, he knew she wanted to be alone. Instead he went to find Mikey, he searched the old cubby house to see if he was hiding there, or the boat shed, his favourite rock which he often is found on. But there was no sign of him anywhere. Teddys ears pricked up as an idea came into his mind, he left the idea of finding Mikey and ran up the big hill, straight past Molly and scratched at the door for his Mummy.

"It's been hard watching
her get hurt, so I knew that I
had to do the right thing and
speak up. "

Mum came outside and kneeled to pat Teddy. "Good boy" she said. At this moment she noticed the tear caught in his eye. "What's wrong boy? Tell me what's the matter and I'll help you, I'm always here for you, and the other pups, you know that."

"Mum, Mikey is abusing Molly!" Ted exclaimed. "She is too afraid to speak up and it's really affecting her. It makes her sad, but Mikey keeps doing it anyway, I have tried to tell him to stop but he doesn't listen and keeps doing it!"

"Oh, Teddy you're a good boy, always looking out for everyone else" his mummy said softly. "It is very important for doggies that witness abuse to speak up and find help, because sometimes the pup being hurt finds it hard to say something. How about we all go find Mikey together, You, Me and Molly. Facing Mikey will be hard for Molly, but I know she can do it."

"Me too Mum!" Teddy cried. He knew his sister was stronger than she thought she was. "It's been hard watching her get hurt, so I knew that I had to do the right thing and speak up."

Following the lead of his Mum Teddy trotted up the stairs to where Molly lay in her bed. The dog's mother didn't hesitate to pick Molly up and hold her close to her lovingly.

"Molly, what is happening to you is unacceptable and wrong, we must explain to Mikey that this is not okay." With no say in the situation, Molly cuddled up to her Mum, shaking and afraid.

Knowing exactly where Mikey would be, Mum headed down the hill, and onto a path of pebbles.

"This way pups!" she exclaimed, as she went past a couple of trees and came to a halt. There in front of their paws was Mikey. He was chewing at the ball he stole from Molly earlier that day.

Mum cleared her throat ready to speak causing Mikey's ears to prick up. He kicked the ball under a bush and jumped to his feet.



Molly's Story

Translated by McKeeley

"Hi there Mum. What's the big idea, creeping up on me like that?" he grumbled.

"The 'big idea' is that you are being a bad dog and must apologise to Molly at once." Mum said softly but sternly.

"No way! All I'm trying to do is fit in." Mikey protested. "Teddy and Molly never ask me to play with them, chew bones with them, or go on walks. They're only concerned about themselves and it isn't very nice."

Teddy chimed in "Mikey, that doesn't mean you can hit Molly. If you feel left out, you can talk to us. All of us."

Putting Molly down, the pups' mum crouched at Mikey's side. Here she stayed and gave Mikey a pat.

All three pups sat around and looked at the ground. Teddy seemed to have something to say but he never spoke.



"I'm sorry I hurt you Molly. That was wrong." Mikey replied.

Eventually Molly spoke instead.

"I'm sorry you felt that way Mikey. I didn't know. You should have said something instead of hitting me. That was wrong. I would have included you if you had said something."

"I know you would have Molly. It's Teddy that wouldn't have let me play!" As Mikey spoke, he growled in the direction of Teddy. "The only way to get to him, was to go through you. I knew upsetting you would upset him, and look... it worked."

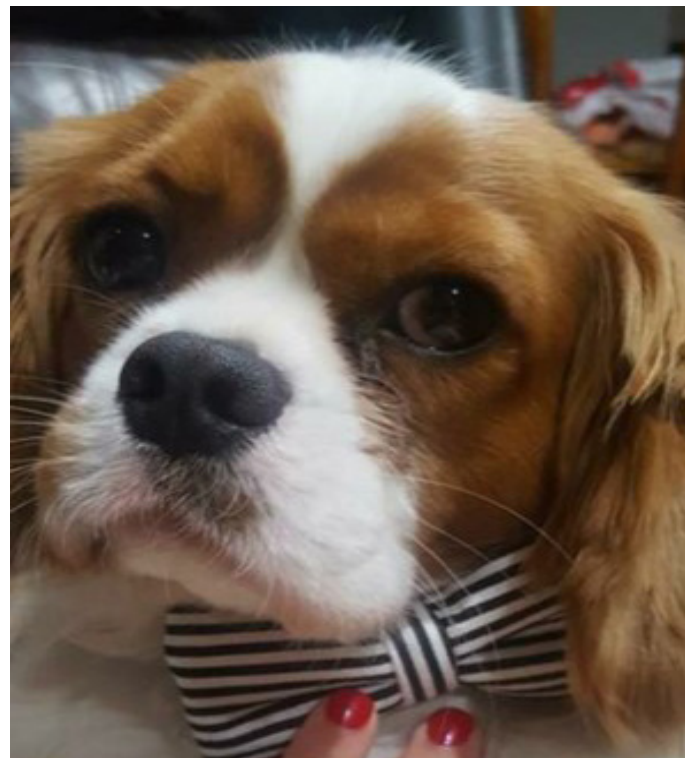
Teddy sat up in shock, he went and sat down next to Mikey and put his paws around him.

"Anytime you want to play, fetch bones or join us on walks, you're more than welcome Mikey. I wish I had made that clearer."

"I'm sorry I didn't approach you pups in a better way. I'm sorry I hurt you Molly. That was wrong." Mikey replied.

The pups' mum seemed content and she left and retrieved the ball from the bushes. She threw it as hard as she could, and as far as she could. As all three pups ran straight after it together.

It is important to remember to talk to each other to find a resolution to our problems, behaviour that could be fixed early can escalate if we don't use appropriate strategies to safely find solutions. The pups' mum knew that from now on they would all talk as a family often to ensure everyone has an opportunity to enjoy playing ball and long walks together.



Keeping kids safe at Windsor High

Reading information like that presented below, can be very confronting and cause you a degree of stress, though for some people the reaction may be heightened, perhaps because this is something that has happened or is happening to you. If you feel worried or concerned it is important that you seek someone in the Windsor community or beyond to assist you to safety.

If you are a child living in a home where there is a lot of yelling and swearing, throwing things, pushing or hitting – this is called family violence. Witnessing family violence can be very upsetting and frightening. Violence in the home is always wrong and it is never the child's fault. These tips may help you learn more about types of violence, how to stay safe, what to do, where and how to get help if you or someone you love is being hurt or threatened.

Violence at home can make you feel bad

The violence at home may be directed at a parent, a brother or sister, you or another family member you care about. You may see or hear the abuse happening or it may happen to you. When the violence used is towards you or a brother or sister, this is called child abuse. Violence at home can make you feel really sad, helpless and confused.

Often children think they have done something to cause the violence in their family. This is not true, but sometimes you might:

- Blame yourself for the violence
- Feel frightened, sad, ashamed, confused, or unhappy
- Feel sick, have stomach pains or headaches
- Stop eating or not feel like eating
- Cry a lot
- Sleep badly, have nightmares or wet the bed
- Find school difficult
- Lose interest in your school work or your friends
- Have trouble concentrating
- Feel like running away
- Feel angry and want to hurt yourself or somebody else or to smash something
- Have trouble talking – for example, you might stutter
- Worry about the safety of someone in your family who is being abused
- Take drugs or alcohol to cope

Things to remember

- Family violence is never your fault
- Family violence is a crime
- Get help to stay safe by telling someone about the problem
- Help is available for the person who is being abusive.

Types of violence

Family violence can mean lots of different things – it's not just being hit. There are different kinds of violence that can happen in the home. The violence may be directed at one of your parents, at you or your sisters and brothers or at other people who may be living with you.

Some examples of violence that may affect you are:

- Physical violence – someone hurting you or a loved one by hitting, slapping, pushing, biting, kicking or burning you or another. Someone throwing or breaking things in your home or hurting your pets. Physical violence also includes threats to hurt you or another family member in any of these ways.
- Verbal violence – someone hurting you or another family member by yelling mean and nasty things at you or them, calling you or other family members rude names, or shouting or talking to you or them in a scary or threatening way.
- Sexual violence – someone scaring you or hurting you by touching private parts of your body when you do not want them to, touching you in a sexual way or them making you touch their private parts, or forcing you to have sex or watch sexual acts.
- Neglect – someone hurting you by not giving you adequate care, food, clean clothes, safety, attention, affection and love.

If you think you or someone in your family is being abused

There are important things you should remember if you think that you or someone in your family is being abused. These include:

- The person who is being violent may try to make you feel responsible, ashamed or guilty about what is happening at home. You are not to blame for their actions – what they have done is wrong. It is not your fault and it's not a special secret. Family violence is a crime.
- Don't believe them if they say something bad will happen to you if you tell someone about what is happening at home. There are people who will listen and can help you.
- Keeping family violence a secret is unsafe. It's okay to tell someone and it will help you and your family to become more safe.
- Nothing is so awful that it can't be talked about.
- Help is available.

Tell someone about family violence and abuse at home

You can report family violence at home and get help in many ways:

- Find someone who you feel comfortable talking to and trust to tell (perhaps a neighbour, a teacher, a friend's parents or another family member).
- Tell a trusted adult who can help keep you safe and help put a stop to the abuse at home.
- Take your time and try to explain how you or someone in your family has been abused or hurt. It may be very difficult or scary for you to tell and it may be hard for you to find the right words to explain. Take your time and just do the best you can to explain.
- Try using the phone, writing things down, drawing a picture or sending an email or letter – lots of people find talking face-to-face very difficult, not just kids.
- If the person hurting you or someone in your family is a family member, you may feel safer if you tell someone outside your family – like your teacher, school welfare officer, nurse or counsellor, a trusting sporting coach or a Kids Helpline counsellor (see Where to get help below).

Staying safe

There are ways that you can stay safe including:

- Talk to people – find someone you can trust and who will listen to you. It might be someone in your family, your friends' parents, a counsellor, your teacher, the police or another trusted adult. They will help protect you.
- Keep on telling different people – if you feel you are not being heard or your problem is not being fixed, keep telling people until someone takes some action and you feel safe. Don't stop telling because you have not yet been listened to.
- Remember that your body belongs to you – no one should touch any part of your body in a way that makes you feel scared or confused or hurt. This includes your private body parts. It is okay to firmly tell someone to STOP if they are touching you in a way that hurts or makes you feel confused or uncomfortable.
- Know the difference between safe and unsafe touching – some touching is friendly and helpful such as hugging friends and family members, holding hands with a friend, play wrestling with your brother or giving your sister a shoulder massage.

What to do if someone you know is being abused

If a friend tells you that abuse is happening to them or you suspect they are experiencing family violence:

- Listen and believe your friend and offer them comfort, understanding and support.
- Try not to appear shocked.
- Encourage them to tell an adult they trust or to report it to the police and let them know you will accompany them if they want.
- Don't keep it to yourself – tell an adult you trust. It is important that your friend is made safe and that the abuse does not continue to happen.
- Give your friend phone numbers of services who can help and details of online resources such as the Bursting the Bubble website.
- Help your friend to keep on telling until they feel reassured and are safe.

Where to get help

- Kids Helpline counsellors Tel. 1800 55 1800
- Police Tel. 000
- Child Protection Crisis Line Tel. 131 278 – 24 hrs, 7 days a week
- Trusted family member or friend
- Teacher, school counsellor or trusted adult
- 1800RESPECT - National Sexual Assault, Domestic and Family Violence Counselling Service. Tel 1800 737 732 (24 hours, 7 days a week)

Stress Relief

by Paige



Easy Stress Balls

You will need:

- 3 Balloons
- 1 cup rice or flour
- Funnel
- Scissors

1. Stretch out a balloon. (Tip: blow the balloon up to stretch it.)
2. Put a funnel into the neck of the balloon.
3. Slowly fill the balloon with the flour or rice.
4. Remove the funnel from the balloon and let out as much air as you can.
5. Tie the neck of the balloon closed.
6. Cut off the excess rubber with scissors.
7. Grab your second balloon, and snip off the end.
8. Stretch the second balloon over the first one, covering the tied end.
9. Grab your last balloon, and snip the end and again stretch the balloon over the ball. The extra balloons reinforce the stress ball allowing you to squeeze to your hearts content

Family Violence - The Facts

by Jett

We all know about White Ribbon Day, we have played soccer to raise awareness, been visited by politicians and police officers, but how much do we really know about the statistics surrounding domestic violence in our society.

What is domestic violence?

Domestic violence is violent, abusive or intimidating behaviour in a relationship. This relationship can be a partner, child, carer, or family member.

Stats in Australia

- 1 in 3 women have experienced physical and/or sexual violence perpetrated by someone known to them.
- In Australia, 1 in 4 children are exposed to domestic violence.
- 2 in 5 assaults reported to police in 2016 were family or domestic violence-related.
- 1 in 3 victims of sexual assault that reported to police were assaulted by an intimate partner or family member in 2016.
- 1 in 5 women have been stalked during their lifetime.
- Women who have experienced intimate partner violence face higher health costs.
- Statistics indicate the rate of domestic violence is higher in rural and regional areas.
- Violence against women is estimated to cost the Australian economy \$21.7 billion a year.
- Victorian data shows only 1 in 6 men surveyed would say or do something to show their disapproval if a man told a sexist joke about a women at work.
- 1 in 16 men (0.5 million) men have experienced physical and/or sexual violence by a cohabiting partner since age 15.
- 72,000 women, 34,000 children and 9,000 men sought homelessness services in 2016–17 due to family/domestic violence
- 1 in 6 girls and 1 in 9 boys were physically and/or sexually abused before age 15.
- Intimate partner violence is the greatest health risk factor for women aged 25-44.
- 1 in 6 women and 1 in 16 men have experienced physical and/or sexual violence by a current or previous partner.



Bath Bombs

Ingredients

- 1 cup baking soda, 1/2 cup citric acid, 1/2 cup Epsom salts, 1 tsp. water, 2 tsp. essential oil, 3 tsp. olive oil, food coloring

Equipment:

Bowl, whisk, jar, bath bomb mould

Method:

1. Put the dry ingredients into a bowl and then mix them all together with the whisk.
2. In a separate bowl or container mix the liquid ingredients together
3. Slowly add the liquid to the dry ingredients.
4. Put the mixture into the bath bomb mould.
5. Wait for the mixture to dry. After you have waited for the mixture to dry carefully peel away the mould