

## Teachers are key players in the lives of children and young people.

### The Solving the Jigsaw resilience building approach:

- Requires little investment while reaching all school age children.
- Value adds to an existing community infrastructure with an existing paid work force (teachers).
- Gives teachers new skills, knowledge, tools and resources that improve their:
  - job satisfaction
  - relationships with children and parents
  - teaching effectiveness
  - whole school focus and direction
  - responses to issues of bullying / violence and other life traumas
- Acknowledges that parents don't always have the capacity to respond to all the needs of children.
- Engages teachers as significant adults that make a difference in the lives of children and young people.

"I am much more careful of the way I treat others."  
*Student*

"I try to be a better listener, less judgemental, more caring and nurturing, more compassionate."  
*Training Participant*

"Incident reports were lessened by some participants. Friendship groups became more supportive and made participants of the group more accountable to each other"  
*Teacher*

'My children are learning to take responsibility for their actions.'  
*Parent*  
'It provided new ways to help my children to talk to me and me to speak to my children.'  
*Parent*

"I'm not scared of being myself anymore."  
*Student*

"I felt I didn't have the skills to respond when a child said I think my Mum's got cancer. Now I will have this conversation with a child"  
*Teacher*

### Independent Review

*In 2006 Family Transitions was commissioned to conduct an independent review of the Solving the Jigsaw Program.*

"... the review found the program to be a highly valuable and innovative approach to violence prevention in the school system. The context is extremely well thought through, based on solid empirical evidence, and presented in a forum that actively engages and sustains children in increasingly higher levels of reflection on the nature of violence and their role in prevention."

"Promotes constructive thought and action for children on issues of pro and anti-social conduct, increasing self knowledge, resilience and reducing the effects of trauma.."  
*Dr Lisa Milne*

Solving the  
**Jigsaw**



10 years experience working in partnership with school communities.

**We believe every life, every story, every child is important and precious.**

### Our Mission

Every school, every teacher, every classroom is safe, supportive and caring.

### We want children to achieve their potential in the education system.

For many children this potential is reduced due to the impacts of violence, bullying and other traumatic experiences.

### We want schools to be safe and supportive places for children and young people.

Our expertise is in training teachers to constructively interact with the real life issues that impact on children's learning and social development.

### Our nationally accredited training package fills a gap in current teacher training programs.

Our training expertise is based on 10 years experience working with over 90 schools, 200 teachers and thousands of children and young people.

### Our programs

- Build safe school communities through addressing violence and bullying in all its forms.
- Build supportive and inclusive schools where children experience connection and belonging with peers and teachers .
- Train and resource teachers to be significant, trusted, responsive and reliable adults in the lives of children and young people.

"It covers most areas that people need help with and you can just talk about your life and personal stuff without anybody laughing in your face."  
*Student*

EASE, Solving the Jigsaw, P.O. Box 958 Bendigo 3552,  
Ph (03) 54303000, Fax (03) 54434844, Email [carla.meurs@ease.org.au](mailto:carla.meurs@ease.org.au)  
[www.solvingthejigsaw.org.au](http://www.solvingthejigsaw.org.au)

## Bullying, violence, abuse and other traumatic experiences increase the risk of poor life outcomes.

### 1 in 6 Australian children are bullied

- Children who are bullied are 3 times more likely to develop depressive symptoms.
- Former bullies are four times more likely than other pupils to engage in relatively serious crime. By the age of 20, sixty percent of bullies have a criminal record.
- Children who are bullied have higher levels of stress, anxiety, depression, illness and suicide ideation.
- Those who bully are more likely to drop out of school, use drugs and alcohol, as well as engage in subsequent delinquent and criminal behaviour.

### Up to 25 % of young people aged between 12 and 20 all over Australia have witnessed parental violence against their mother or step-mother.

- The economic, social and health costs of domestic violence are far reaching. Domestic violence has been shown to have an affect on: children's emotional and behavioural development; self-esteem; cognitive functioning; personality style; initiative and impulse control problems; and is associated with child psychiatric problems.
- The cycle of violence is evidenced by research suggesting that between 60 to 75 percent of families with domestic violence have children who are also battered.

### 1 in 3 women and 1 in 6 men report having unwanted sexual experiences in childhood.

- Girls between the ages of 10 and 14 years experience the highest rate of sexual assault.
- Children often don't disclose sexual assault as they fear family breakdown, have a sense of ongoing responsibility for the safety of other children or family members, and have fears for their own personal safety.

### Other experiences that increase risk

- Many school age children have experienced family break up and separation.
- Many children have a family member with a serious illness &/or have dealt/or are dealing with grief and loss in their lives.
- 11.2 % of Australian children are living in relative poverty.
- Some children have family members with substance abuse issues.

*We gratefully acknowledge the support of The R.E. Ross Trust, The Colonial Foundation, The Portland House Foundation, and The FJ Foundation.*

*“ The roots of resilience are to be found in the sense of being understood by and existing in the mind and heart of a loving, attuned and self possessed other” (Bowlby 1980)*

## Schools can make a difference, teachers can lead the way.

**Research** identifies 4 key factors that build resilience and reduce the risk of poor life out comes for children and young people.

### 1. Having a significant relationship with an adult.

Solving the Jigsaw trains teachers with skills and frameworks to be supportive adults in the lives of children and young people.

### 2. Experiencing connection and belonging to others.

Solving the Jigsaw builds an environment in the classroom and school where children experience connection and belonging with their peers and teachers.

### 3. Being able to separate issues in the world around you from your own life.

Solving the Jigsaw engages children in constructive discussions about the issues that impact on their lives.

### 4. Understanding what you are and aren't responsible for.

Solving the Jigsaw supports children to take responsibility for their behaviour, to challenge abusive, bullying and violent behaviour.

## Solving the Jigsaw resilience based programs:

**Our six day Professional Development Course** gives teachers new tools and responses that create a whole school approach to violence/bullying and the emotional health and well being of children and young people.

**In 2006**, five hundred and sixty teachers and welfare professionals, representing 17 rural and 14 regional/ suburban schools participated in our Professional Development programs.

**Our Nationally Accredited Facilitator Training course** provides a bench mark for the delivery of classroom based violence prevention and well being programs in schools. In 2006 our accredited facilitators delivered 80 programs in 30 schools. Currently 19 schools are supporting a teacher/welfare professional to complete the accredited training course.

## Solving the Jigsaw is a multi award winning program

National Child Abuse Award  
Australian Violence Prevention Awards  
Victorian Community Safety and Crime Prevention Awards  
Victorian Public Health Award  
National Association for Loss and Grief Award