

"LEADERS IN ANTI-BULLYING EMPOWERMENT PROGRAMS"

MISSION STATEMENT

Future-proofing our kids through Education, Empowerment, and Action.

VISION

AMAYDA Youth Empowerment Programs aim to provide practical solutions to effectively manage situations involving bullying and conflict, through engagement, empathy and education focusing on responsibility, respect, integrity, confidence, courage, and resilience.

SOCIAL IMPACT

The effects of bullying are devastating and impact the community at every level. The Queensland Government is combatting bullying also, employing a range of key initiatives such as: -

1. Raising the issue to the National Agenda
2. Holding National Days of Action against Bullying and Violence
3. The appointment of a Queensland Anti-Bullying Taskforce, and
4. Schools adopting a ZERO tolerance to bullying.

"AMAYDA'S STRATEGY"

PARTNERING


Partner with schools, sporting clubs and the community to Educate and Empower individuals through Action.

THE BUTTERFLY EFFECT

Bullying is defined as "an ongoing misuse of power in relationships through repeated verbal, physical or social behaviour that causes physical or psychological harm". The statistics reveal that 1 in 4 children experience bullying in Australian Schools, that's 1.365 Million or 3740 children each and every day, and 3 out of 4 children have witnessed bullying in their school at one time or another. Bullying has reached epidemic proportions! (In meningococcal infections, an attack rate in excess of 15 cases per 100,000 people for two consecutive weeks is considered an epidemic).

Educating and Empowering children creates positive change in every aspect of their lives through: -

- Reduced rates of violence in schools
- Reduced absenteeism
- Improved class engagement
- Better grades
- Stronger self-image
- Better mental health
- A healthy and safer society



"1 in 4
Children Experience
Bullying In Schools"



"3740
Children
Each Day"

THE CHILDREN

Studies have shown that children engaged in traditional martial arts training showed higher gains in executive function compared to standard physical education, show less aggression and anxiety, as well as improved social ability and self-esteem, leading to overall improved wellbeing.



THE MENTORS

The most qualified instructors trained, vetted and accredited by the AMAYDA selection committee will unite under one banner to work together. Sharing the core values and skills of martial arts to empower kids from all over Australia to overcome bullying. We assist the school network and raise the profile of the entire martial art industry as a most valuable tool to help with this enormous problem.

THE PARENTS

Can rest in the knowledge that their kids will have a much better chance of knowing what to do in a stressful situation and if they are having problems, they will be more likely to talk about it and ask for help.



THE COMMUNITY

Everyone has a role in creating a safe and supportive environment for their community. AMAYDA believe that by teaching appropriate principles and encouraging positive behaviour in children they will contribute to a healthier and safer community.

THE SCHOOLS

In alignment with the National Safe Schools Framework, this program will support the principles and practices required to promote safe and supportive schools.

"HOW AMAYDA WORKS WITH SCHOOLS"

THE PROGRAMS

An AMAYDA Accredited Youth Development Mentor (YDM) will be assigned to your school to work with students and run a 1-hour Youth Empowerment Program each week.

AMAYDA Intervention Course - 1 Term (10 Weeks)

Primary School – Years 5 - 6

Secondary School – Years 7 - 12

AMAYDA Empowerment Programs - 4 Terms (40 weeks)

Secondary School - Year 7 (Secondary School Introductory Program)

Classes

The youth development classes are held 1 hour one day per week at the school and they run for the 10 weeks of each school term. Classes are held either during school hours or immediately after school finishes, usually in an undercover area, as most school halls are used by after school care and are booked at that time.

Weekly Instructional Videos

Weekly training videos are provided to the students, through a secure student portal, as a reminder of the skills and strategies that were taught during that corresponding lesson.

Parents are invited to watch and encourage personal practice away from scheduled, Mentor-inspired training.

Parental involvement while the students are watching the weekly instructional videos, helps to open up the lines of communication around the subject of bullying.

Homework (Home Training Program)

Each week students will be set a personal challenge to complete. This encourages them to observe, reflect and or practice what they have been developing in class. AMAYDA Mentors strive to assign ownership to students and provide incentives for exceptional effort, through positive reinforcement.

Assessments

At the end of each term students undertake a skills assessment. Assessments work as a short-term goal for the students to focus on and form the building blocks of a robust, confidence-building and self-actualising process. All students receive a certificate of achievement and their next level at the end of the assessment. Students are graded at a level of A, B, and C. There is a no-fail policy in the program. A = Very Competent... B = Competent... C = Focus required. This gives the instructors feedback, so they know where extra focus is required the following term. This mechanism evaluates the efficacy of the program and the progress of the child.

TRAINING

Self-Discipline

Respect and
Integrity

Confidence

Resilience
and Courage

YOUTH DEVELOPMENT MENTORS

All our mentors have first-hand experiences with the devastating effects that bullying can have on a **child's** life, all our mentors were lucky enough to be part of a culture to empower them to become wonderful **all-rounded** individuals. Now they are all giving back and helping AMAYDA to bullyproof the nation!

Samuel Banney – Youth Development Mentor & Training Manager

James McDonald
Michael Whitehead
Rachelle Harrison
Jeremy Wan
Tristan King
Shannon O'Hara
Jorge Castro
Shayne Findlay
Stephen Jones
Karim Kamara
Mitchell Lingard
Zachary Bacigalupo
Spencer Mansell



"TESTIMONIALS"

"Living and breathing our program"

"Your tender for Government Grants to assist in the roll out of AMAYDA will have lasting benefits to Forest Lake State School. This will enable us to engage up to 100 of your students in our school to take part in the program. This will also make the program available to those kids who really need it not just those that can afford it which is an enormous benefit to families."

Forest Lake State School

Students participating in the program have said that they are "feeling better about just being at school because of the confidence they now have" and "that the friendships they have made in the program have been a big reason for their attendance improving". Our parents are reporting that "there are less fights in the morning about coming to school, especially on a Wednesday when Rochelle (the mentor/coach we have at Ferny Grove) is going to be there" and that the students are "talking at home to their siblings about the program and the lessons of the day".

John Schuh Executive Principal Ferny Grove State High School

My daughter has been attending AMAYDA since the beginning of 2019 at Pallara State School. We enrolled her into AMAYDA to equip her with the tools to cope with bullying prior to going into high school next year. The benefits she has gained doing this program have been more than we anticipated. She has improved her confidence, resilience and self-esteem.

We knew that bullying is an increasing problem in schools with one in four children experiencing bullying at school. Our daughter, like many children, had limited understanding of the different types of bullying and what to do if confronted with bullying.

In attending AMAYDA there is always something new to learn. The lessons are structured in a way that make it fun, there's something interesting to learn each week and the staff are supportive and respectful of all the children. AMAYDA is not just about fighting. It focuses on physical, vocal and cyber types of bullying. It explores and identifies ways to avoid bullying in the first place and then provides strategies to defend yourself if the bully doesn't stop. Frank, Jez and the team have always been approachable, professional and easy to get along with.

Since beginning AMAYDA our daughter has shown increased ability to control her emotions, she also shares what she has learnt and the various strategies to deal with bullying. She understands the importance of respecting herself and others, and has improved her physical fitness.

I would recommend AMAYDA to anyone wanting to help their children be suitably prepared for bullying situations and improve their physical wellbeing.

Mckenzie Family