

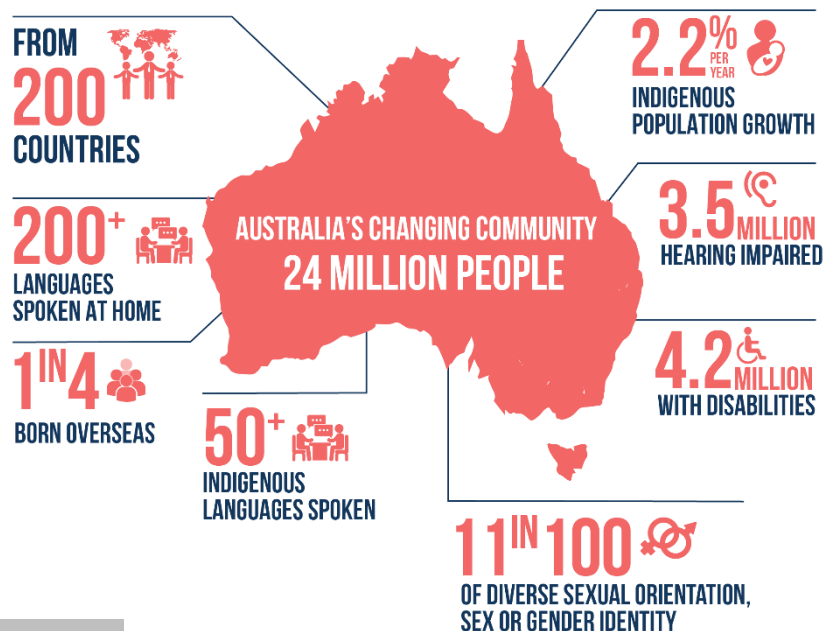
SCHOOL PSYCHOLOGIST NEWSLETTER

Leumeah High School | Issue 7: Week 7, Term 2

Diversity

Last week was all about values, and this week I would like to explore a value that is both super important and super relevant to what is going on in the world: **Acceptance**.

Sure, you'd hear it all the time: Australia is one of the most diverse countries in the world. But have you ever reflected on what that actually looks like? It's pretty incredible, check out these stats:



So, what's the problem?

A lack of acceptance of diversity is a major global problem and it's even happening in our own backyard. For example, did you know that approximately 1 in 5 Australian school students experience racism everyday? 1 in 5! And it isn't only race, a resistance to diversity can happen in a whole lot of areas, such as:

Gender
Sexuality
Wealth

Cultural background
Education Level
Neurodiversity

Appearance
Family History
Disability



If this topic brings up difficult thoughts and feeling for you, you can always talk to the School Psychologist by filling out a paper referral form (opposite CR4) or making a referral by using the link below:

<https://forms.gle/137haHcTqM862kQ9>

Tips For Practicing Acceptance

We can't control what other people do or what is going on in the world. But we can control how we respond to diversity and choose to sprinkle the value of acceptance into our everyday lives. Here's how:



Become self aware

Notice and confront your own beliefs, values and personal biases



Take a stand

Speak up and challenge viewpoints that do not promote acceptance



Educate yourself

Learn about different cultures/groups and what is going on in the world



Get proactive

Join activities that promote equality: conversations, forums, social media posts, school and community-based activities



Meet new people

Get to know people from different backgrounds and identity groups



Report it

Discrimination is never okay. Report any such comments/behaviours to a teacher



Treat everyone equally

Be open, accept that everyone is different and avoid stereotyping



Support victims of discrimination

Encourage people to talk about their experiences and let them know you disagree with what happened to them

Bystander Effect

Ever wondered why people stand around and don't step in when something bad is happening? It's because of a proven, psychological phenomenon called the Bystander Effect. Basically, the more people there are around, the less likely you are to step in and help with a situation. This can be due to:

1. Diffusion of responsibility: the more onlookers there are, the less personal responsibility you feel to take action.
2. Social influence: we look to others to decide how to act ourselves. So if no one moves, we probably won't either.
3. Freeze: it is natural to feel afraid and freeze or go into shock during an emergency or difficult situation.

Here are some tips to stop the cycle of the Bystander Effect:



Assume responsibility

Don't expect others to act first. Speak up using a calm, firm tone (e.g. "stop") or leave to get help.



Be specific

Single out people to help by making eye contact, using their name, pointing or naming a feature (e.g. "You with the yellow shirt, call for a teacher").

APP OF THE WEEK



Everyday Racism is a 7-day challenge to improve your understanding of racism

BOREDOM BUSTER

Games For Change curates digital and non-digital games that engage contemporary social issues in a meaningful and engaging way.

<http://www.gamesforchange.org/games/>

For additional help and information, take a look at these websites:

Reach out
What you say matters
Twenty 10

<https://au.reachout.com/articles/standing-up-to-racism>
<https://humanrights.gov.au/education/what-you-say-matters>
<https://www.twenty10.org.au/>