



The Wellbeing Bubble

Made for students, by students, in partnership with staff.

Here you can find information on how to take care of your wellbeing when dealing with problems like bullying, gossip, stress and more.

Take your
own action

Share with
a friend

Connect with
the Student
Wellbeing team

Talk to a
trusted
teacher

Link in with
a Wellbeing
Professional

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formal
complaint



Cornerstone Values

Taupo-nui-a-Tia College is an accredited Cornerstone Values school and was the first secondary school in the country to gain this accreditation. There are eight Cornerstone Values in total and every term we focus on one of these values.

The eight values are:

- **Honesty and Truthfulness**
- **Kindness**
- **Duty**
- **Compassion**
- **Responsibility**
- **Consideration and Concern for Others**
- **Respect and Obedience.**

As a parent you can be proud that your child is part of a Cornerstone Values school and we appreciate the support you give from home in emphasising these values.

If you are new to the school you will notice that the college is proud of its Cornerstone Values accreditation and displays the Cornerstone Values logo prominently.



Take your own action

Everyone goes through difficult times! Taking your own action means looking for ways to solve the problem yourself. This could include talking to your family, searching websites for helpful information and taking time to look after yourself. We believe that *“The problem is the problem, the person is not the problem.”*



Self Care

It's important to look after yourself, take a break from the problems in your life and do some self care. Self care looks different for everyone and you can find the strategies that work well for you. For some of us it might be listening to music, gaming, drawing or going for a quick walk. Sometimes we need to step out of our school work or friendship stresses and take a moment to just chill. Self care boosts our wellbeing meaning we have more strength to achieve what we want to achieve.



<http://www.youthline.co.nz>

Youthline is fantastic if you need to talk to someone and have people who can give advice and help you figure out how you're feeling and why.

Free phone: 0800 376 633

Free text: 234



<http://www.commonground.org.nz>

Here you can learn how to be supportive friend or family member to someone dealing with a problem.

Share with a friend

When we have a problem, one of the first people we may tell is a friend. Sharing a problem with a friend can help lessen the toll a problem is taking on us.



Starting the conversation

It can be hard to start a difficult conversation. You could try starting with, "Do you have a minute to talk?", or "I'm having a hard time, can I tell you about it?" Sometimes it can be easier talking when you are doing something else together, in a more comfortable environment, like walking to school, playing computer games or hanging out.

Your friend may not be able to talk right then, so you could ask, "Is now a good time to talk? Or do you have time later?" Try to get a time when both of you won't be distracted or in a rush to get somewhere.

How and when you approach a friend is also important. Starting a conversation online may feel easier, but when they can't see you or hear your voice, it can be harder to make sure a friend understands how serious you are being. If possible, try starting a conversation in person, away from a group or let them know online that you'd like to talk in person.

You are the expert of your friendship. Knowing your friend like you do, think of the best way you could connect with them.

How to be a good friend

It's important to know how to be a good friend to someone facing a problem. A friend's job is to **listen** to and **support** a friend when they are dealing with a problem. This is making sure your friend knows it's okay to feel the emotions they're feeling.

It can be hard to see someone we are close with struggling with a problem. If you see a friend having a hard time, you could start a conversation with them and ask what's up. If they don't want to talk to you about it, you could encourage them to follow one of the Wellbeing Bubble pathways for support.

Remember - a good friend doesn't have to fix the problem for them, or take responsibility for what happens. A good friend listens, supports and encourages.



Being a support person

A way you could help your friend is by being their support person through the Wellbeing Professional and Dean/SMT complaint processes. As a support person you could attend the meet and greet with a wellbeing professional or a restorative meeting with a Dean.

If your friend decides they would like you as a support person at a wellbeing professional meet and greet, they can indicate this on the self referral form under 'Anything else?'. For a formal complaint, they can let their deans or SMT know they are bringing a support person.



Check out the [Link in with a Wellbeing Professional](#) or [Make a Formal Complaint](#) bubbles for more information on these processes.

Staying safe

Our friends put a lot of trust in us, meaning they may tell us when they're feeling unsafe. They may come to us if they are thinking of hurting themselves or someone else. A friend may talk about something that really worries you, or that is beyond what you can deal with and you really don't know what to do or how to help.

When safety is a concern, it's a friend's job to do what they can to keep themselves and their friend safe. We are not the trained counsellor - it's important to recognise when something is more than we can deal with and link with a trusted adult and pass on information so they can help.

This is not breaking your friend's trust, it's about getting them the support they need and keeping yourself safe. A trusted adult could be a parent, teacher, counsellor, or an adult you feel comfortable talking to about the situation.

If you're worried about a friend

If you have a friend in danger or you're worried about their immediate safety, call 111.

If you have a concern about a friend, you could also fill out the Wellbeing Professional [self referral form](#) to talk to a school counsellor about your friend's situation. If you'd prefer to not name your friend when talking about their situation, that's okay. At least start with getting professional support for the situation itself.



Connect with the Student Wellbeing Team



Our Mission

To support and strengthen the wellbeing of young people who have the agency to build positive relationships for learning, self care and connection to community.

Who are we?

Our team is made up of students ranging from Year 10 to Year 13. Two of our seniors are the Wellbeing Prefects. We have badges so you know who we are, feel welcome to come say hi to us or email us if you want to chat or need some advice on where to get further help from, by following the link by our photos below.

What do we do?

We are here to encourage you to take ownership of your wellbeing and to support you in linking in with school wellbeing services. This might mean someone to talk to or to link you into some help like a cool website or a professional you can trust.

How can you get involved?

We have meetings on Tuesdays and Thursdays at lunchtime in M1. This means anyone can come drop in to see what we're working on and potentially get involved. If you decide to join, you can work towards membership and earn your badge by completing training.

Confidentiality

We keep all the information you share with us confidential. This means we will not repeat your personal information to anyone. Each team member is linked in with a school counsellor who is their supervisor. This means we will talk with our supervisor if we are concerned about your safety. We will let you know if this happens and more about how it works.



Talk to a trusted Teacher

Who is your trusted teacher and what do they do?

Your trusted teacher is a teacher at school you trust and feel comfortable with. This could be any teacher in our school and is not restricted to your Ako teacher or subject teachers.

A trusted teacher is there to listen, acknowledge and support you in dealing with a problem you might have.



Listen

You can talk to your trusted teacher about the problem. They will listen carefully and ask you questions to make sure they understand what you're saying and going through.

Acknowledge

Trusted teachers will acknowledge your emotions and how you're feeling. They will give you the chance to have a voice and share what you're thinking.



Guide

Your trusted teacher might also link you in with further support from the Wellbeing Bubble, such as one of our school wellbeing professionals.

How do you get in contact?

Simply talk to them face to face before or after class and let them know it's a trusted teacher conversation. You could start the conversation by saying "Have you got time to talk?"

If your trusted teacher is not one of your subject teachers, look for them before school or during break times to have a chat.

Privacy

Your trusted teacher will keep all the information you share with them private.

If they are concerned about your safety, they will talk with a school counsellor. If this happens, they will let you know and explain more about how it works.

If you or your friend needs to talk to someone else,
BullyFreeNZ has a list of organisations that can help



Link in with a Wellbeing Professional

Our wellbeing professionals are a team of people trained in different professions, who can all help you with lots of different things. They all have complete confidentiality.

How to refer yourself

Refer yourself to the wellbeing professionals by [filling out the online form](#).

You can also fill out the referral form that is in the student office and tick which service you want. You will also be asked to put your name and form class down.

After the referral

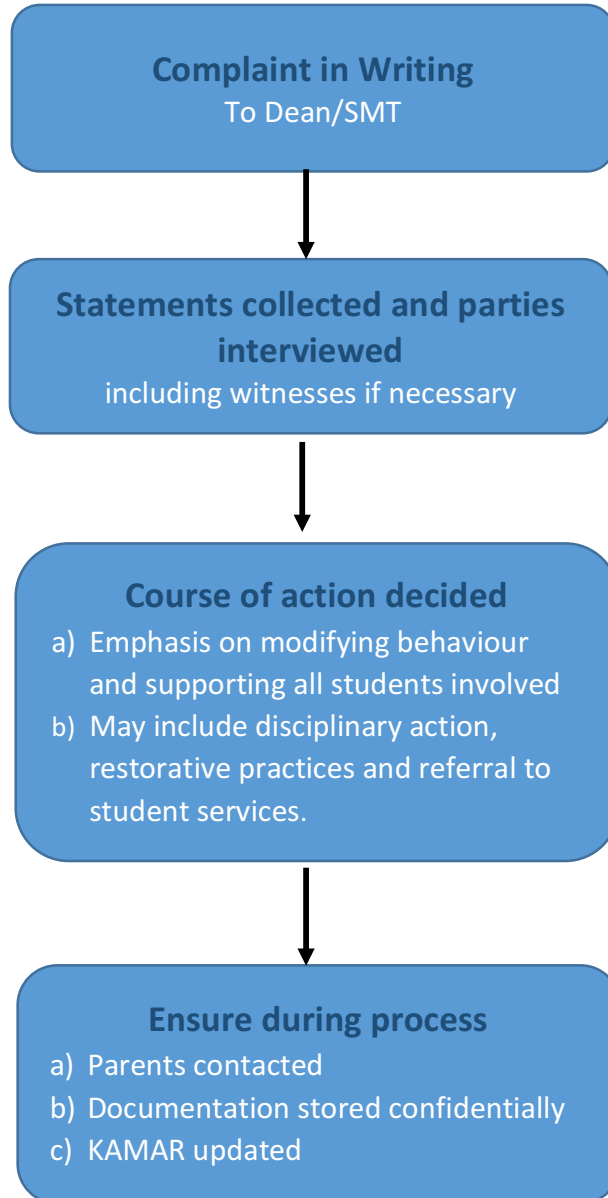
Once you have made a referral to our wellbeing services self referral form, your information will be put onto a confidential system which only our counsellors have access to, the next available wellbeing staff member will then meet with you. If there is someone else in the team who better suits your needs, they will link you into them.

Meet and greet

If a friend or a teacher is encouraging you to talk to someone, a meet and greet might be an option for you. It's an opportunity to meet a wellbeing professional and get to know them and how they work. No personal questions will be asked, the meet and greet is a chance to see if talking to a wellbeing professional is right for you.

Make a Formal Complaint

If your school life and wellbeing has been severely impacted by bullying, making a formal complaint might be the right pathway for you. Formal complaints go to the Deans and Senior Management Team (SMT).



What you could expect from them:

- Meetings during school time with all the people involved.
- Follow up meetings until people involved feel the issue is resolved.
- A phone call home telling your parents/guardians about the situation.

This is the current process that the Deans follow. The student wellbeing team meets with the Deans regularly to learn more about their processes and form a positive partnership between students and staff. If you have any suggestions on how we can improve this process, we would love to know!