



Beyond A Joke Incorporated

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Dear Mr. Smyth,

Thank you for contacting Beyond A Joke, Inc. to assist your community with your anti-bullying efforts.

Beyond a Joke Inc, has developed resources, school programs, workshops and support groups to educate students about bullying, the impacts of bullying, how to stop bullying and how to recover from the impacts of bullying. We have a number of other resources and programs to build students' self-esteem, resilience and provide early intervention for the prevention of mental health disorders related to the impacts of bullying.

Beyond a Joke, Inc has worked with schools on the Northern Beaches, and provided a drop in centre for students to attend support groups and undertake courses. Beyond a Joke, Inc. can support your community to implement after school programs and support groups to address bullying. We can also provide talks or workshops to your schools on bullying.

Beyond a Joke, Inc also offers programs and support to parents to help them identify if their child is being bullied, and how to support their child.

Our programs are run by qualified practitioners. Some programs are peer led and the students are trained and supported to be champions in leading the school in the anti-bullying practices and supporting students to prevent bullying in the community. Our staff can support teachers or school counsellors to create an anti-bullying culture and support those already affected.

We have a number of options available to support your community develop an anti-bullying culture and create a "domino effect of kindness". The aim is to build kind and resilient teenagers, and prevent the downward spiral into mental illness and suicide that frequently follows bullying.

We look forward to speaking with you further to see how Beyond A Joke, Inc can meet the needs of your community

Kind Regards

Kate Pennington and

Katherine Gill

Kate Pennington

Founder

Beyond A Joke Incorporated.

Dr. Katherine H. Gill

Chair of Board

Beyond A Joke Incorporated



INTRODUCTION

Beyond A Joke Incorporated was founded to honour the memory of Bruce Alan Pennington, a 17 year-old teenager who found a way, through drugs, to lessen the pain of torment that unfortunately took his young life. The number of young people ending their own lives by suicide continues to grow. Many people tormented by bullying, feel suicide is the only way to escape the trauma and ongoing torment of bullying.

It is from this basis that the Founder and Director, Kate Pennington, Bruce Pennington's sister, decided it was time to act and form a community support group to prevent bullying and support those affected by bullying. Beyond a Joke, Inc offers accessible courses, events, booklets and counselling services along with a drop in centre for young people, their parents and adults affected by bullying.

Bullying may involve young people in packs against one single person. Humiliation, rumour mongering, taunting, physically and psychologically harming until the young person they have targeted cannot take anymore and takes their own life. People who are bullied do not want to die; however, they see this as the only way to escape the ongoing trauma of bullying to find peace.

Each person within the community, schools and workplace deserves the right to go where they need to, without the fear of bullying and harassment. We all have our goals and dreams for our futures and bullying if not stopped can significantly alter a person's future taking away their dreams and goals for the life they once wanted and had a right to create for themselves, their loved ones and family.

Beyond A Joke Incorporated believes face to face support is of utmost importance during times of deep emotional stress caused by bullying. Without face to face support during this time, young people may slip into serious and persistent mental illness, and risk loss of life due to suicide or other addictions related to the trauma of bullying.

We are a registered charity with DGR status. All donations over \$2.00 are tax deductible. We rely on donations and sponsorship to fund our free community services.

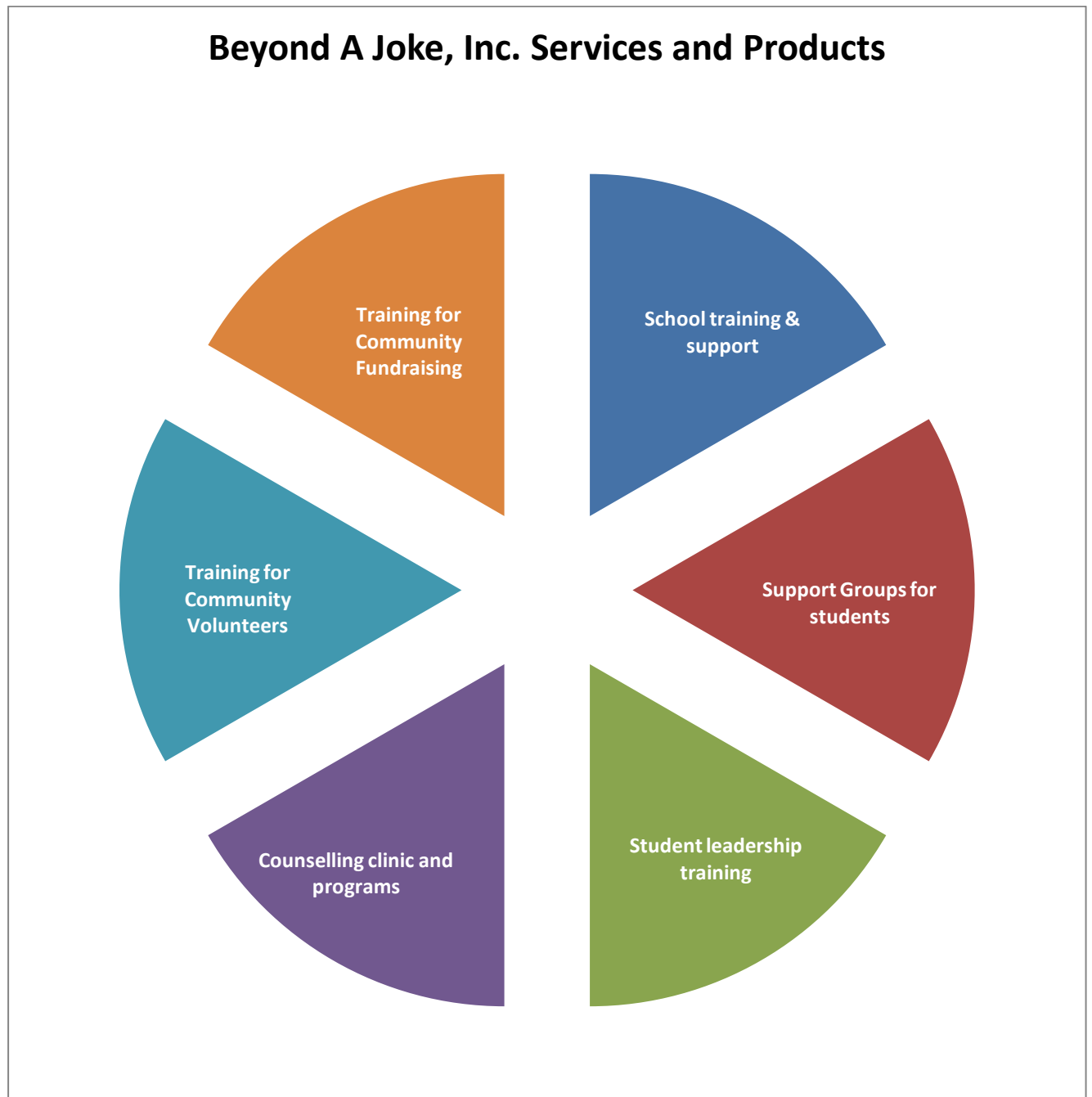
COMMUNITY BENEFITS

Beyond A Joke Incorporated activities benefits communities in many ways, for example:

- ✓ Support for teenagers at school - providing early intervention and may prevent a downhill spiral into mental illness.
- ✓ The school program empowers student champions to create an anti-bullying culture, reducing time and drain on teachers and schools responding to bullying.
- ✓ Up-skilling teenagers to assume a leadership role. These anti-bullying champions in the school environment can intervene to prevent physical / verbal and emotional abuse that frequently goes undetected and so unmanaged by the school.
- ✓ Access to support for parents who may go directly to a Beyond A Joke Incorporated counsellor. Beyond A Joke Incorporated can then relay all concerns and reports from parents about bullying to the School Principal, keeping the School Principal up to date in regards to all incidents, progress and activities within the group run by the students.
- ✓ Our program provides a positive atmosphere and backs up the school's anti-bullying efforts. The development of the program involves students and teachers working together for their school.
- ✓ The "*Community Spirit Lifters Program*" developed by Beyond A Joke, Inc. encourages individuals to give back to the community and feel rewarded by helping others in need. Training teenagers to become community volunteers and fundraisers within the community, benefits the volunteer, the community and the recipient of the community projects.
- ✓ Teenagers participating in the anti-bullying leadership school program may volunteer and fundraise for school equipment and/or school projects.
- ✓ Teenagers learn through Beyond A Joke Incorporated to become community leaders, ending bullying and preventing suicide in a non-violent manner, whilst they empower the disempowered whose voice not being heard, would otherwise lead to silent suffering.
- ✓ Local community businesses that sponsor activities and donate items for fundraising initiatives have opportunities for promotion and advertisement.
- ✓ Those within the school community become more respectful and practice kindness to others within the school and communities. Aggression breeds aggression so taking positive measures will minimise the amount of bullying and violence within our schools and communities.
- ✓ Positive peer support will reduce negative peer pressure.

Beyond A Joke Incorporated has worked very hard to build a reliable community service that provides many benefits to schools and communities.

We look forward to providing our services to assist teenagers, teachers and schools, as well as communities and community fund raising projects¹.



¹ Charity Fund Raising Authority - CFN23446



BEYOND A JOKE BOARD MEMBERS

From left to right:

Celia Cohan	Assistant Manager, Lifeline Northern Beaches
Dr Katherine Gill	Chairwoman of Beyond A Joke Incorporated; Recovery and Wellness Manager, Executive Leadership Team, Uniting Recovery and Uniting Hope.
Kate Pennington	Founder and Director of Beyond A Joke Incorporated
Maggie Hunter	Manager, Lifeline Northern Beaches
David Shephard	Security and video production,
Clare Smith	Consumer Advocate, Mental Health
Billie Kamekawa	Secretary for Beyond A Joke Incorporated; Accountant at Deloitte's Auditors and Accountants

Please follow the link below to view our constitution.

<http://www.acnc.gov.au/RN52B75Q?ID=41989E0D-0986-40A7-8EE5-71BC1A009066&noleft=1>

SAMPLE OF SOME OF OUR SCHOOL PROGRAM

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Dear Students

Welcome to Beyond A Joke's Anti-Bullying School Support Group Program managed and facilitated by students and supervised by Beyond A Joke staff member.

We hope you enjoy your time with us and continue working toward seeing an end to bullying well after you leave school.

Beyond A Joke Anti-Bullying School Support Groups were created due to the increasing amount of bullying within communities, and via the use of technology such as mobile phones, Facebook, Twitter and other cyber means.

It is Beyond A Joke's aim to see an end to bullying within schools and the community. Our Support Groups and Community Spirit Lifters Program help you and your peers develop respect for your school, school principal, teachers, fellow students, parents and all members of the community.

Beyond A Joke would like to wish all students' success in living in a bully free environment now and within the future.

For anyone who would like to become a part of our fundraising volunteering program please let us know. We can raise funds for items needed for your school for all students now and in the future to enjoy.

Yours Sincerely

Kate Pennington

*Kate Pennington
Founder
Beyond A Joke
Anti-Bullying and Empowerment Support Group*



BEYOND A JOKE MOTTO

School Support Group Program

- We empower each other, and others to be the best they can be.
- We raise awareness of bullying – we do not set out to name, blame and shame.
- We say “**Good on You Mate**” when someone achieves their goals. We do not show jealousy and we do not bring others down.
- We lighten the burdens of life for each other and others.
- We show respect for our school principal, teachers and fellow students at all times.
- We support people who display bullying behaviours to become non-bullies, by giving them a fair go, and supporting them to change.
- We stand proud as leaders within our school and community to put an end to bullying.

BEYOND A JOKE, INC: MISSION STATEMENT

Beyond A Joke raises awareness of bullying and the impact, it has on the lives of those experiencing bullying. We empower the disempowered within our courses and ongoing support groups, raising awareness to prevent bullying and suicide. We bring communities and businesses together through our volunteering and fundraising activities.

ANTI-BULLYING SCHOOL SUPPORT GROUP AIMS

To treat fellow students, teachers, parents and members of the community with:

- Respect
- Compassion
- Empathy
- Friendship

- We support vulnerable students
- We encourage and empower others
- We aim to create a happier environment
- We support individual to build confidence, after a bullying experience

GOALS OF THE SUPPORT GROUP

To Support Students to:

- Rebuild self-esteem
- Know the importance of showing kindness to others
- Offer compassion to others by welcoming anyone who has been accused of bullying into the group and offering them a chance to change and stop bullying
- Develop listening skills - allowing other students to speak without interruption
- Develop respect for each other, the school and all teachers
- Understand that it is OK to ask for help

VALUES OF THE SUPPORT GROUP

RESPECT, KINDNESS, HONESTY AND INTEGRITY

The Support Groups provide students with:

- An understanding that each teacher and student is deserving of respect and kindness
- An understanding of the importance of honesty and integrity – always do the right thing (Honesty is the best Policy)
- A genuine concern for teachers and students welfare and safety