



# Blue EDGE

Educate, Develop, Grow, Empower



## What is Blue EDGE?

Blue EDGE (Educate, Develop, Grow, Empower) is a 16 session, evidence based program designed to increase engagement, resilience and wellbeing through activity-based learning. The program targets 20 young people in Years 7 – 9, and focuses on key social and emotional capabilities such as self and emotional regulation, confidence building, safe decision making, and peer and community connections.



## Why Blue EDGE?

Research shows that young people who feel valued, who are provided with opportunities to participate, and who feel connected to community are less likely to experience disengagement. Conversely, when young people become disengaged, they are at greater risk of poor health and mental health difficulties which impacts their resilience and the wellbeing of local communities. (AIHW, Mental Health, 2021)



## How is Blue EDGE delivered?

Blue EDGE is led by specialist facilitators and actively supported by Victoria Police, emergency service members and community role models who create a safe, positive, and engaging environment for young people.

The program is delivered on school premises and can be facilitated across an 8 or 16 week period. Each session is 90-minutes and consists of three core components:

- A physical training session
- An evidence-informed module facilitating skill development and discussion around core social and emotional themes
- A shared meal

The program has been designed to align with the Victorian Curriculum and Assessment Authority (VCAA) and can be tailored to meet the needs of your school community.

## Program Outcomes

- Improvement in physical health and fitness
- Increased levels of mental wellbeing and resilience
- Strengthened belonging, and connection to peers and local community
- Enhanced capacity to problem solve, and think about adversity in helpful ways
- Empowered in their ability to positively impact community, including an improved sense of hope for the future
- More informed and equipped in safe, healthy decision making across a variety of settings



## Want to know more?

For more information about the program or to book a program for your school, please contact us at: [blueedge@bluelight.org.au](mailto:blueedge@bluelight.org.au)



## School Curriculum

Blue EDGE complements the Victorian curriculum in the Personal and Social Capability and Health and Physical Education curriculum areas. In particular, it provides an in-depth exploration of:

- Development of resilience (VCPSCSE035; VCPSCSE036)
- Relationships and diversity (VCPSCSO038)
- Collaboration (VCPSCSC041)
- Being healthy, safe, and active (VCHPEPI25; VCHPEPI26)
- Communicating and interacting for health and wellbeing (VCHPEPI28)

Through its exercise component and modules, the program enhances and expands on students' classroom learning in these areas. For those students who may have difficulty engaging in their regular classroom environment, Blue EDGE's fun and collaborative activities, small group discussions, and partnerships with community role models has been proven to create connection, promote a more open mindset, enable learning and enhance protective factors.

Further, Blue EDGE's partnership with Victoria Police and emergency services provides students with a unique learning experience not available through other programs. Victoria Police and emergency services members participate in all program activities (including exercise and program workshops) to model skills the program aims to build, including collaboration, self-reflection, resilience and a growth mindset. By creating opportunities for young people to increase trust in police, emergency services Blue EDGE aims to also grow students' sense of safety and thus wellbeing in their local communities.

## Strategic Alignment with Victoria Police

The Blue EDGE program aligns with Victoria Police's commitment within the Schools Engagement Model (SEM) to engaging in planned, purposeful and positive engagement with schools. In alignment with the SEM, Blue EDGE provides opportunities for frontline, specialist and proactive police to take part in high-quality structured engagement activities. Blue EDGE also aligns with Victoria Police's focus on conducting engagement activities in partnership with community partners, including Blue Light Victoria.

