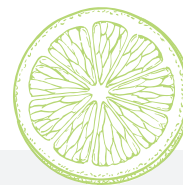


Youth Development Action Team (YDAT)

Sour Words Hurt Challenge



Bundaberg Regional Council's Youth Development Action Team (YDAT) pledge to take a stand against bullying in the Bundaberg region.

YDAT have created a challenge to accompany their pledge which will hopefully leave a sour taste in your mouth with "Sour Words Hurt".

To take part in this challenge, **video yourself taking the pledge** (below), **bite into a lemon or lime** and most importantly... **upload and tag your mates** on social media and get them to step up to the challenge!

Council's YDAT have a vision that this pledge will go viral and empower other young people and the wider community to stand up against bullying.

Will you take the pledge?

Bundaberg Regional Council - Community Pledge Against Bullying

Sour Words Hurt Challenge

From this day forward I pledge to:

- **Stand strong and encourage action**
- **Think before I send**
- **Tell someone and speak out**
- **Support those who can't support themselves**
- **Show that there is always hope**

I will not humiliate, exclude or harm any members of my community and **I will treat everyone with respect and compassion.**

With this I accept my responsibility to create and be the change to stop bullying.

This pledge against bullying was created by Bundaberg Regional Council's Youth Development Action Team (YDAT).

12-25 and keen to get involved with YDAT?

Contact the Community Development Unit on **1300 883 699** or email comdev@bundaberg.qld.gov.au

Are you being bullied and need help now?

Need to talk to someone? Headspace, Kids Helpline and Lifeline can help:

Headspace



headspace.org.au
1800 650 890

Headspace helps young people aged 12-25 years who are going through a tough time.

Kids Helpline



kidshelpline.com.au
Anytime | Any Reason

kidshelpline.com.au
1800 55 1800

Kids Helpline offers a 24/7 telephone and online counselling and support service for young people aged 5-25 years.

Lifeline



lifeline.org.au
13 11 14

Lifeline provides crisis support 24 hours a day, 7 days a week for all ages.

Call 13 11 14 or chat online every night.

Supporting youth in the Bundaberg Region

DIRECTORY

Lifeline	131 114	lifeline.org.au
Headspace Bundaberg	4152 3931	headspace.org.au
Kids Helpline	1800 551 800	kidshelpline.com.au
1800RESPECT	1800 737 732	1800respect.org.au
Alcohol and Drug Support	1800 177 833	adis.health.qld.gov.au
Beyond Blue	1300 224 636	youthbeyondblue.com
Bridges Health & Community Centre	1300 707 655	bas.org.au
Child Safety Bundaberg	4131 5417	csyw.qld.gov.au
Childers Neighbourhood Centre	4130 4690	bundaberg.qld.gov.au
Community Development Unit	4130 4150	bundaberg.qld.gov.au
DVConnect	1800 811 811	dvconnect.org
Family Drug Support	1800 882 436	fds.org.au
Gin Gin Neighbourhood Centre	4130 4630	bundaberg.qld.gov.au
Indigenous Wellbeing Centre	4151 5402	iwc.org.au
Parent Line	1300 301 300	parentline.com.au
Peirson Services	4151 2299	peirsonservices.org.au
Poison Information Centre	13 11 26	childrens.health.qld.gov.au
Pregnancy Help Australia	1300 139 313	pregnancyhelpaustralia.org.au
Pregnancy, Birth & Baby Helpline	1800 882 436	pregnancybirthbaby.org.au
Q-Clinic Wide Bay Sexual Health	4150 2754	health.qld.gov.au
Queensland Sexual Assault Helpline	1800 010 120	health.qld.gov.au
Salvation Army Youth Refuge	4151 3400	salvationarmy.org.au
Youth Legal Information	1300 651 188	legalaid.qld.gov.au

USEFUL WEBSITES

Black Dog Institute	blackdoginstitute.org.au
R U OK?	ruok.org.au
ReachOut.com	reachout.com
Moodgym	moodgym.com.au