

INQUIRY INTO BULLYING OF CHILDREN AND YOUNG PEOPLE

Organisation: Bright Days Counselling and Lifeskills
Name: Ms Kylie Mullen
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Dear Ms Parker

I recently read your article about bullying in the Narrabri Courier. I wanted to tell you a little bit about what I do for the cause. I am a counselling therapist who does a lot of work with young people. In particular I run a self esteem group for children and one for teenagers called **KWC Kids With Confidence**. This group is designed to help children and young people who have little self confidence due to bullying or other reasons. The kids learn to like themselves enough so that no matter what people say to them, they know how awesome they truly are - therefore bullying doesn't have the devastating long term affects on them. It is very empowering and has had some very positive results.

I was a victim of bullying myself at school, which is why I started this group. I don't want kids to go through what I went through.

I am extremely passionate about this topic and would happily help you do whatever it takes to ensure the wellbeing of these kids.

Please do not hesitate to contact me if there is ANYTHING I can do

Kind Regards

Kylie Mullen (Dip.Prof.Couns MAIPC)

Bright Days Counselling and Lifeskills