



Young Carer and Siblings Training

We acknowledge the Traditional Owners of the land

Breakaway is located on Darkinjung country, which extends from the Hawkesbury River in the south, to Lake Macquarie in the north, from The McDonald River and Wollombi up to Mt Yengo in the west, to the Pacific Ocean in the east, and we wish to acknowledge them as Traditional Owners.

We would also like to pay our respects to their Elders, past and present, and to Aboriginal Elders of all nations.

By completing this induction session you will

- Be introduced to the Breakaway Child and Young Person Safe & Friendly Policy.
- Understand the key objectives of the Young Persons & Siblings Camp.
- Know what to expect from guests during the camp.
- Know and apply acceptable behaviour management techniques.

**This online training session should take approximately
35 minutes to complete**

Our Mission Statement

Camp Breakaway is a non-profit, charitable organization committed to enhancing the lives of all people with a disability, at the same time allowing respite for families and carers.

**Please take the time to read this
important document**

Link to NDIS Code of Conduct

<https://www.nwss.org.au/support/wp-content/uploads/NDIS-Code-of-Conduct.pdf>

Child & Young Person Safe and Friendly Policy

CAMP BREAKAWAY is firmly committed to creating and maintaining a safe and friendly environment for all children and young people.

We support and respect the children and young people who participate in our camps and endeavour to create happy experiences to enhance their lives.

We do this by...

- **Ensuring Their Safety** - physical, emotional & mental well being.
- **Respecting Their Rights** - ensuring our behaviour towards them is exemplary.
- **Setting Clear Boundaries** - never being alone with a child, inappropriate touching and language.
- **Reporting Incidents** - at risk of harm, disclosure by a child.
- **Reading all documents carefully** - e.g. Code of Conduct.

BOUNDARIES

Physical

- Ensure personal space is respected

Personal /Philosophies

- Respect the ideas & convictions of others do not impose our views of:
 - Religion
 - Belief
 - Appearance

Safety

- Dress appropriately to carry out care; consider safe footwear

There are minimum rules, but these are designed to provide a safe, efficient camp, and lots of fun.

Legal Requirements for Privacy

Mandated by Law, and required under Breakaway policy

Mobile Phones / Cameras / Laptops

- Considered **Personal** information - requiring
- **Permission** to take photos and
- **Disclosure** of the use to which photos will be put (e.g. on Social Media)

Child Protection

- ❖ Covered in the Federal Government **Privacy Act**.
- ❖ Please also refer to the **Breakaway Privacy and Confidentiality Policy**.

Key Objectives of the Young Carers & Siblings Camp

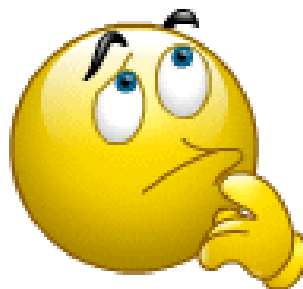
- To provide an opportunity for guests to have **fun** in a safe caring environment
- To provide a **range of activities** that are new, challenging and exciting and encourage self expression
- To give siblings the chance to meet and form **friendships with others**, thus enhancing the understanding that they are not alone in their situation

Continued ➡

Key Objectives of the Young Carers & Siblings Camp

- To promote a sense of **self-worth** and confidence
- To enable these children to briefly have a break from their home environment of care and responsibilities and **to just be children**
- To provide opportunities for **volunteers** to work alongside these children and broaden the community **awareness of the needs of sibling carers**

What might we expect?



Profiles of Guests

What's happening at home?

- **Neglected because of the needs of a High Needs sibling; some having up to four (4) High Needs siblings.**
- **Some children have a parent with mental illness.**
- **Children who have never been away from home - anxious.**
- **Some parents and siblings with chronic disorders.**
- **Some dealing with rare disorders.**

Continued ➡

Profiles of Guests

- **Family Break Up – Pressure**
- **Some children have never had a holiday**
- **Early Death in family**
- **Some Children do not have much contact with family, very lonely.**
- **Most of the children can't wait to get here**
- **At camp the children find they are not alone.**

Our Guests Tell Us

Good Friends Are

Trusting, someone who listens & is never angry

I Am Happy When

I am with friends & having fun

I Get Sad When

I am hurt, someone dies, when I am lonely or teased

I Get Angry When

I am frustrated, being annoyed, bullied or nobody listens
I want to make friends who will keep being friends with me.

Behaviour Management

The Guest

- Different Backgrounds & Circumstances
- Shaping Attitudes & Behaviours
- We may or may not be aware of the Campers needs

The Carer

- Different Backgrounds Experiences
- Learned attitudes about acceptable behaviour
- Personal feelings about ability to manage

Keeping Things In Perspective

In 5 days we can't expect to 'Fix' a behaviour

There must be rights, responsibilities & consequences in place

Acting out behaviours should NOT be taken personally



Getting off to a good start

Have positive expectations

Create an environment of inclusiveness

Encourage guests to participate in all activities

Encourage quiet/shy guests

Adopt calm behaviour management techniques

Adopt the Buddy System

O.K. We did that ..
It didn't work! ..
NOW WHAT?



Behaviour Levels

All Is well



Minor hiccup



Major incident

Acceptable Behaviour Management Techniques

Have a quiet talk with the child

- Find out if there is a perceived reason for the behaviour (e.g. Might not like the activity, might feel threatened)
- Explain why the behaviour is inappropriate
- Give child a choice about what he/she is going to do about the behaviour
- Explain consequences if inappropriate behaviour continues
 - Camp Rules

Continued ➔

Acceptable Behaviour Management Techniques

- Give child time to think about actions & make a choice.
- Ask for assistance in dealing with very difficult behaviour.

Consult with Breakaway staff before taking action.

Never initiate an action that is outside camp rules.

Do not isolate a child in a position where he/she cannot be seen at all times.

Volunteer Medication

- All medication usage/dosage should be documented accurately on relevant camp form documentation in order to assist volunteer if requiring medication
- Medications brought to camp by volunteers must be kept safe & secure **away from guests**
- No sharing of medications- especially guests
- Sleeping medication- **NOT** if responsible for guests overnight

Continued ➔

Volunteers can store their medication

- In their own locker
- With the RN
- In the valuables safe (Camp office)
- On their own person(use of bum bag is recommended)
- Mixture of the above options



**Thank you for
completing this
online training
session.**

Any Questions?
(See following page)



For more information

Please visit our website @

www.breakaway.org.au

or visit Facebook @

<https://www.facebook.com/campbreakaway>

or contact Breakaway on

(02) 4390 7624

Please continue to next slide 

Please exit 'Slide Show' mode now

Enter your details on the following slide to certify that you have completed this training module.

Then print out the completed slide, sign it, and deliver or send it to Breakaway.

We will use this information to update your volunteer record in our database to show that you have completed this training module.

This completed form is the only evidence that the module has been completed that Breakaway is able to accept.

Certification of completion of Module #6: Young Carer and Siblings training session

I have read and understand the Camp Breakaway Module 6
& agree to abide by the principles as outlined in this module.

Name: _____

Date Completed: _____

Signature: _____

Please print out this completed form, sign it, and either deliver or send it to Breakaway.

We will use this information to update your volunteer record in our database to show that you
have completed this training module.