



BOARDING BUZZ TERM 3 2023

IN THIS ISSUE

From the AP Residential
Cattle Club

Rodeo

Residence Reports

Wellbeing Activities

Out and About





CONTENTS

From the Assistant Principal - Residential3

Cattle Club.....4

Rodeo6

Report Wallace Residence10

Report Edmund Rice Residence.....12

Report McKennarney Residence14

Report Fitzpatrick Residence.....16

Activities and Wellbeing19

Out and About21

Parent Information Article46

College Prayer48

FROM THE ASSISTANT PRINCIPAL - RESIDENTIAL

The end of the 2023 school year will be upon us in less than ten weeks. As we begin to reflect on individual and collective achievements, it is natural to focus on placegetters, certificates, trophies and premierships. Whilst acknowledging these results are important, they do not necessarily define success. Only a small percentage of students can be recognised in this manner.

There is no doubt that success for most students will lie in achieving their personal best evidenced by the academic skills they develop. This is the core business of schools and one that students and parents rightfully expect.

At a school such as St Brendan's, success is also measured in who our students become. There will be a multitude of students who will not be publicly recognised or acclaimed at assemblies or award ceremonies but their innate goodness as people of positive influence in our school community stamps them as successful by any measure.

In the boarding school, it is this type of success which defines our community. It is the boarders who go out of their way to befriend others, who consistently strive to be respectful and decent young men and who quietly volunteer their time to assist that gain success where it matters most in life.

In a world where our young people are saturated with content promoting self-centred behaviour and thought, often at the expense of others, it can be all too easy to undervalue the importance of developing personal character as necessary success for life.

The following poem by an unknown author beautifully sums up this kind of success. It is the type of character we strive to nurture in all our boarders.

SUCCESS

Success is speaking
Words of praise
In cheering other people's ways,
In doing just the best you can
With every task and every plan.
It's silence when your
Speech would hurt,
Politeness when your
Neighbour's curt.
It's deafness when the
Scandal flows,
And sympathy with
Other's woes.
It's loyalty when duty calls.
It's courage when disaster falls.
It's found in laughter
And in song
It's in the silent time of prayer
In happiness and in despair.
In all of life and nothing less
We find the thing
We call success.

It has been another action-packed term. We hope you enjoy this edition of the Boarding Buzz.

James Couper
Assistant Principal - Residential



CATTLE CLUB

So after another busy year of cattle club, with 11 shows, countless afternoons, and many weeks of planning the show season has finally come to a finish. Before I venture into our list of success, I'd like to explain what cattle club really is, as it's a question commonly asked. The purpose of the cattle section at a show is to promote someone's product and business, a form of advertisement. They are advertising their cattle to clients and the public. However, at St Brendan's we don't have anything for sale, so our aim is to educate the younger generation about the beef industry and to promote careers, to keep this vital part of our society alive.

Before a show, we must break the cattle in, which we do ourselves. We are one of the only schools in Central Queensland that do this, rather than hiring someone to do so. This just furthers the education the students get during the afternoons down at Ag. At a show we work hard - feeding, watering, washing, preparing, and ultimately parading our cattle to a judge. Our cattle have done well this year, with multiple first places and the occasional broad ribbon. But for our school, the students' efforts and results are placed in the foreground. Everyone has improved in the events of parading, and the two forms of judging, stud and prime. At every show Brendan's has made the podium which is a great achievement overall. Some mentionable boarding students who have excelled include Blake Killey, Oscar Hills, Hayden Culliford, Jack and Lachie Hutchinson, Cody and Rory Killalea, Callum

Gittens, Darcy Frankish, Seth Kliese, Ty Gretton and many more who dedicate themselves to this part of our extra curriculum.

At the bigger shows such as Taroom and Rockhampton, the older students also had the opportunity to work for Jack Wright, of Ramsey Creek Brangus, who dedicates himself to the improvement of youth involvement in the cattle industry. Another significant opportunity for some was the experience of working for numerous studs at the week-long Royal Brisbane show, which is the highest level of shows in QLD. An experience that I personally will never forget, because even though I was absent from school, I was learning every day, achieving high, and carving a path in the cattle industry.

So after all the shows are finished and the truck is turned off, we must commemorate the efforts of Mr. Bill Oram and Miss Zoe Eldershaw, as without them, the cattle club would merely not exist. Completely volunteer work, another example of great people who just want to improve the youth. So from all of us in green and denim, we say thank you to two amazing role models.

Get ready to dust your boots off... Bring on Beef 2024.

Cody Killalea (Yr. 12)
Cattle Club Member

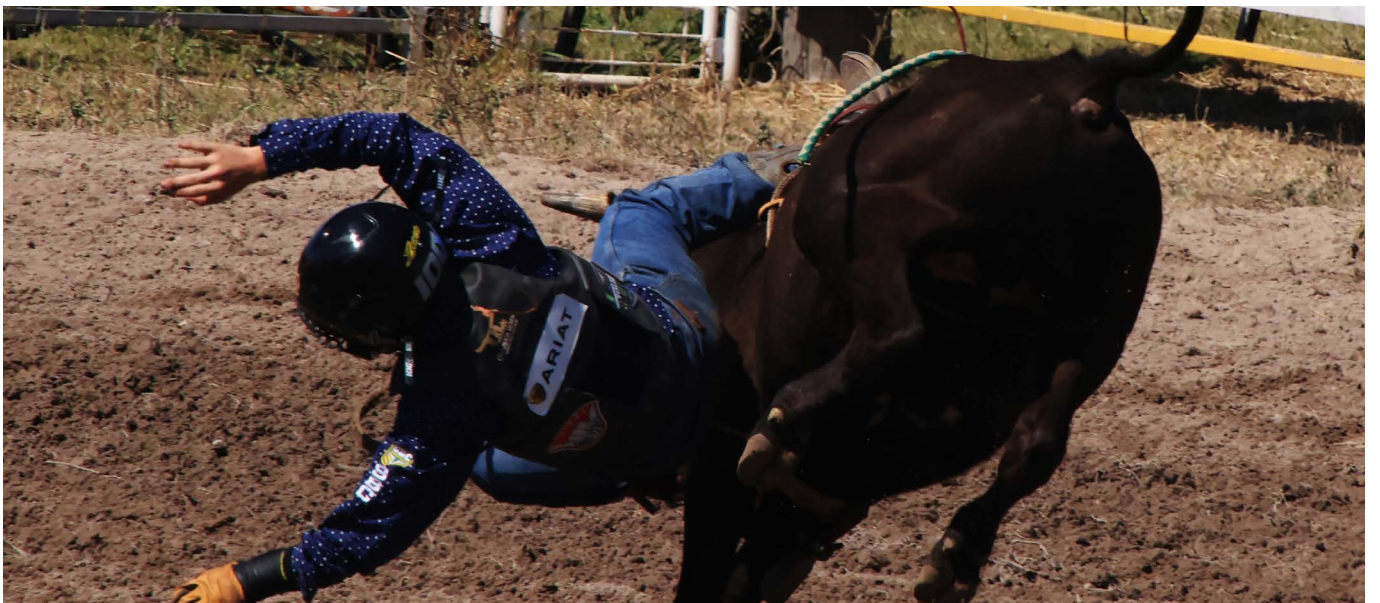




RODEO



RODEO



RODEO



RODEO



WALLACE RESIDENCE

Term 3 has been another busy time for SBC and the Wallace boys with School League, School Musical Production and Rodeo being some of this term's big events.

Throughout the term we attended weekly Boarders and Community Mass. Our thanks to Father Matthew and our regular readers, Declan Gretton, Denzal Summers and Joe McKeering.

In Week 1, all the boys attended the school music production of "Joseph and the Amazing Technicolor Dreamcoat". The boys were a bit doubtful about attending the show but on return they were amazed at the performance with some boys attending the show for a second time.

In Week 2 the boys celebrated NAIDOC week and some boarders attended a function at the Rockhampton Girl's Grammar school, along with St Ursula's College. Some boys experienced Indigenous cuisine for the first time with crayfish, turtle, dugong and fish making being on the lunch menu. The boys who attended were Talon Ah Choo, Jehkiel Cobb, Angus Crawford, Kevin Deemal, Ryder Dempsey, Charlie Gimm, Taiylen Goni, Kobi Iker, Dusty Johnstone, Clint Kabai, Tyus Matasia-Morseu, Joseph Mosby, Digby Sauer, Sonny Mosby and Denzal Summers. The boys said, they had a great day playing traditional games, learning how to weave, watching the dancers perform and making new friends.

Term 3 also means school football and we had many of the boys register to play which was great to see. After the trials, boys were put into their divisions. The boys in the A/B squad were Angus Crawford, Bailey McDonald, Elroy Challenor, Gus Peters, Jared Mahony, Joseph Mosby, Kobi Iker, Macallister Old, Sonny Mosby, Jack Morris and Talon Ah Choo. The 7A side lost 11-10 in the grand-final to TCC and our 7B had a great win, winning 12-8 over North Rockhampton High School.

The boys who represented the 7C Green/Gold/White squads were Akeelish Ballie, Mason Madigan, Nayte Masters, Clint Kabai, Noah Jones, Jack Ahmat, Dusty Johnstone, Isaac Heinemann, Ryder Dempsey, Ryan Shannon, Levi Rea, Taiylen Goni, Sam Flood, Joe McKeering, James Cogill, Denzal Summers, Jehkiel Cobb, Charlie Gimm and Declan Gretton. All these boys

performed well over the competition with the 7 Gold going down to Glenmore High School in the 7C grand final division.

Our Year 8 Wallace boys who represented SBC were Tyron Kerk, Isaac Smith, Hunter Marshall, Allan Dallas, Kevin Deemal and Willis Dean. The boys did well in making the finals.

The SBC cattle club continued its program with Sam Flood, Nayte Masters and Lincoln Ratcliffe attending each week with Mr Oram.

Week 8 saw the annual SBC Rodeo and it was another great turnout with a large crowd on hand to see the many events put on. We had one of our own in the junior bull riding event with Lincoln Ratcliffe riding. The main activity that kept the boys busy was emptying the can bins all day and subsequently cashing them in at the local recycling centre making \$655 which will go towards their end of year break up party.

Other notable mentions during this term were Jared Mahony representing the Queensland Junior Softball side that were runners up at the Nationals in Brisbane last holidays.

Elroy Challenor and Jared Mahony ran quick enough times at the interschool district athletics to go onto the Capricorn trails in Mackay. Whilst not going any further, the boys had a wonderful experience.

Throughout this term the boys have also been on various activities with SBC recreational officer Mr Barnes. Some of these were.

- Trekking with Mr Couper
- Fishing
- Bike riding
- School discos
- Rocky Shopping

Thank you to all families for your continued support and from the Wallace staff we wish you all a safe school holidays.

Allan Ahmann
Head of Residence - Wallace

WALLACE RESIDENCE



EDMUND RICE RESIDENCE

The boys returned keen to catch up with their mates and share holiday stories. Other than some slight homesickness, everyone settled back in quickly. The 3rd term of the year is perhaps the busiest term, kicking off with the commencement of school footy and the college musical. It's always nice to see boys support the college, and their peers performing in the musical, by attending the shows. Likewise, it's good to see boys who aren't necessarily fans of footy supporting the college footy teams. This year's footy grand final didn't disappoint. There was some stellar action on the field and the college spirit was on full display. It was an eye-opening experience for the new boarders who hadn't seen the boys come together like they do on grand final day. They are all now well versed in the college song and war cry.

Footy wasn't all about league though, Nick Crawford, Steele Howard, Harry Roebig, Scott Gibson and Ashton Watkins participated in the U15 Queensland Rugby Union Championship in Cairns. Nick was selected and will play in the Emerging Reds Cup over the holidays. Harry, along with Scott Gibson, Noah Wright, Ethan McCourt, Louis Maxwell and Kalen Stachurski played in the SBC AFL team that won the AFLQ Streetsmarts QSchools Cup Regional Final. The boys later travelled to Mackay to compete in the Nth Queensland finals, but unfortunately didn't secure the win. Well done boys!

The college rodeo is of course a major event on the Term 3 calendar. Several Eddie Rice boys participated, with Callum Gittens, Reece Lahiff, Mac Haley and Dustin

Lonergan all doing well in their respective categories. We're very lucky to have such a great event on our doorstep every year. All the 'rodeo boys' spend hours perfecting their craft, often travelling the country attending different events, but there is something special about riding on 'home' ground. The school and boarding community comes out in support, as well as the local community. It's a fantastic atmosphere that everyone can be a part of and enjoy.

In between these significant events, boys have enjoyed, among other things, playing touch, basketball, movies and shopping excursions, as well as beach and lagoon trips. I think Brendan Kincaid would be happy to go the beach every day if he could! The Year 9 barbeque was held school side and all the boys got involved. Shanon Doecke, Bertie (Gareth) Treadwell, Ashton Watkins, Ethan McCourt and Geoffrey Rynne recently travelled with Clontarf to Weipa for a week of footy and fellowship. Partnering with boys from Gordonval School they won the footy final and Shanon was given the spirit award for his attitude over the week.

Overall, it's been an action-packed term and everyone is ready for a well-deserved break. Enjoy the holidays, stay safe and don't forget to pack the sunscreen for the final term of the year; we predict lots of beach trips.

Sandi Worsley and Robert Ottaway
Head of Residence – Edmund Rice



EDMUND RICE RESIDENCE



MCKENNARIEY RESIDENCE

Term 3 is traditionally the toughest term in the Boarding Calendar – 10 weeks without student free days, public holidays or sports carnivals. The boys are kept busy with footy season in full flow, school musical rehearsals, rodeo and cattle shows, as well as school socials with RGS and St Ursula's.

First major activity was the SBC Musical, 'Joseph and the Amazing Technicolor Dreamcoat'. A big congratulations goes to the following McKennariey men for their involvement in this amazing show: Declan Dunne as Joseph; Jacob Barr-Richards as Jacob; Tate Caffrey in the orchestra, and supervisor Mr Jarrod Mabo running the backstage crew.

The rodeo season reached its climax with the SBC rodeo towards the end of term. Congratulations to Sam, Jesse, Jhett, Hunter, Raj and Blake for their efforts in the Senior Steer or Junior Bull ride. Well done to Sam for his win in the Senior Steer. We also had our Cattle Club boys down there most of the weekend volunteering their time – thanks to Rory, Blake, Mason and Lachlan H for their efforts.

Footy season kept most boys busy this term, with students representing SBC in the 10A's, B's and C's and the Open 1sts, 2nds, 3rds, 4ths, and 5ths. Congratulations to the 10C White and Open 2nds men for making it to their respective Grand Finals, and a big well done to the 10B's, 10C Green, Open 4ths and the First XIII for coming away with the win in their GF's.

A special mention has to go to the boys who were awarded the Man of the Match awards for their teams – Ethen Harry-Nona and Trigga Bin Doraho – and also those men who volunteered to coach this term – Harvey, Killian, Cody, Konrad, and Johnno Coyne.

One group that is often forgotten when discussing footy finals are the boys who missed out due to injury or illness. Our commiserations and best wishes go out to Will, Cody, Kabai, Charley, Cameron, Slayter, and Jack – wishing you all speedy recoveries gentlemen.

As always there are too many other highlights to mention, but I cannot sign off for Term 3 without mentioning the standout moments of the Term – the First XIII winning in Golden Point extra time, with our very own Harvey Mahoney scoring the winning try. Trigga's adventures at the hospital after his GF also come to mind when discussing highlights. Suffering a decent cut to his mouth, Trigga was sent to Yeppoon Hospital for stitches; no luck there, he would have to go to Rocky Base to have it looked at. 14 hours later Trigga made it in to see a doctor to be told he was fine, no stitches needed, you can go back home. Nice work Trigga!!

Cameron Watson
Head of Residence - McKennariey



MCKENNARIEY RESIDENCE



FITZPATRICK RESIDENCE

Term 3 may have been the longest of the year however it was action packed and our boys all embraced the opportunities in front of them.

Our Victorious Confraternity Shield 1st XIII players Tommy Green, Banjo Walker, Diezel Bruncker, Jake Pierce, Izaiah Waters, Jordan Wyvill, Sam Akiba, Jake Oberhardt, Anasta Tamwoy and Mataio Tapau-Bon arrived back with wonderful memories and the shield which created a wonderful buzz throughout our residence, school and region. What was most pleasing was the way in which they went about their mission; the brotherhood, the sportsmanship and humility made us very proud.

After months of rehearsals and dedication from the cast and crew, we were delighted to watch Riley Eyles star in this year's SBC Musical, Joseph & the Amazing Technicolor Dream Coat. He has taken singing in the showers to a whole new level.

Our brave rodeo riders were quickly back on those angry bulls again, our legendry PBR rider Jimmy McClelland flew the flag for St Brendan's, QLD and Australia in the USA whilst Dawson Foden, Macauley Flood, Ryan Brown attended Rodeos across QLD. The highlight was their appearance at our very own SBC Rodeo where all four boys did us proud with wonderful results. This event continues to grow from strength to strength and is a must attend event.

Whilst our Year 12 boys have spent the term preparing for their final exams, seeking job opportunities post SBC, and enjoying the brotherhood before becoming old boys, it was now time for our Year 11 leaders to stand up and be considered for leadership positions in 2024. We were very proud that six amazing young men from Fitzpatrick residence Barry Hankin, Riley Eyles, Cooper Wilton, Jeshua Ahmat, Jack Gibson and Blake Johnson were invited to leadership camp. Whilst the announcement of the St Brendan's leaders for 2024 won't happen until Term 4, all these young men are leaders in their own right and do us proud each and every day.

All I can say is watch out Ariat, RM Williams and Ringers Western because the next generation of entrepreneurs will soon be seeking market share from you. Macauley Flood, Ryan Brown, Cooper Jukes have spent every free

minute they have in the Ag Shed producing some highly creative leather products including belts, wallets, saddle bags, handbags and phone covers. They already have a long list of loyal, happy customers so if you would like something special give them a yell.

This term has also seen around twenty sets of parents as well as us excited, but slightly anxious, as many boys successfully gained the right to hold a driver's license. Unfortunately for a few, the privilege of driving to and from home on end of term leave was short lived after having their photo taken by the Qld Police. And if you thought the water was a great place to get some peace from the kids think again, 15 of our boys just successfully completed their boat and jet ski exams.

The 18th Birthdays started this term and we were thrilled to celebrated our 14 Term 3 Birthday Boys in style with a VIP home cooked dinner and games night - The VIP guests included:

18 Years Old - Lleyton Comollatti, Jandri Greyling, Cody Killalea, Jake Peirce, Mervyn Armat, William Da Forno, Mataio Tapau-Bon, Tommy Green, Oscar Hills, Tas Comollatti.

17 Years Old - Elijh Jackson, Barry Hankin, Ryan Brown, Jay Morrison,

Yet again I was humbled when so many boys volunteered their hearts, time and skills to support those less fortunate by building "Homes for the Homeless". A huge thank you to Finn Hall, Reuben Jenkins, Tommy Green, Alex Tucker, Lockwood Parsons, Curtis Brierley, Jake Pierce, Petheru Toby, Malik Elisala Anasta Tamwoy, Sam Akiba, Jake Oberhardt and Jack Hutchinson for their efforts. And to all the other boys who wanted to help but couldn't due to school & sport commitments, we thank you also.

With the vast majority of our boys involved in all levels of Rugby league this term the buzz and banter around the residence was hilarious. The moments relived post-game, the freezer full of ice packs and the brotherhood was to be cherished. The boys kept our amazing health center team busy and if we were awarded frequent hospital points for every visit, then I would have Platinum Status. The joys of sport and life saw many of our boys' face

FITZPATRICK RESIDENCE

health challenges but thankfully nothing that couldn't be managed with a great outcome. We appreciate the trust and support our remote family members showed us whilst caring for your sons and the amazing work our health professionals provide.

Each weekend we were entertained by the boys trying to emulate the skills of another great Queensland golfer Cameron Smith. Sadly, I can confirm that none of the Fitz parents should be expecting their sons to bring family wealth from their golf skills. There were more cows, cars, fences and paddocks hit than greens, but the boys had many laughs along the way.

Another great term in Fitz and we feel truly blessed to have the opportunity to live, support and help your sons grow. On behalf of Chris, Bernie, Bayden, Cath, Martin, Terri, Jade and myself we would like to send out a heartfelt thank you to all the boys for their efforts this term and as well you their families for the support you have shown us all.

Have a great break, safe travels and we can't wait to send off our Year 12 boys in style whilst preparing our Year 11 boys to become Seniors and creating more magical moments in Term 4.

John Bond
Head of Residence - Fitzpatrick



FITZPATRICK RESIDENCE



ACTIVITIES AND WELLBEING

I hope this report finds you well and that you are enjoying quality time with your children during their break. As we conclude another fulfilling school term, we are thrilled to share the exciting recreational and wellbeing activities our boarding students have been part of.

RECREATIONAL ACTIVITIES

Our commitment to offering a holistic education extends beyond the classroom. Recreational activities play a pivotal role in shaping our students' character, physical fitness, and overall well-being. Here is a summary of the remarkable recreational activities our boarding students have engaged in during the past term:

Fishing Club

Our little Lip Rippers embraced the art of fishing with enthusiasm, participating in night fishing under the starry skies and beach fishing and a few trips to Roslyn Bay Harbour. These experiences imparted valuable life skills such as patience and an appreciation for the wonders of nature. Notable catches this term included as usual:

- Reede Brazier with Over 50 Fish caught for the term.
- Lachlan Bateman with a 42cm Flathead caught the biggest fish on a night fish at the Causeway Lake.

Bike Riding

The picturesque Pineapple Trail, majestic Mt. Archer and the Gracemere pump track provided stunning settings for our students to explore through bike riding. These adventures encouraged physical fitness, exploration, and a connection with the great outdoors. Many Thanks to Mr Butler and Mr Shukie for ensuring our boys are safe and well supervised during these activities.

Rockhampton Shopping Trips

At both the start and end of the term we try to give the boys the opportunity to stock up on basics for the term or the trip home at shopping fair. Students also had the chance to catch up with relatives and friends from RGGS and STU as we continue to promote social interaction amongst our students.

Touch Football

On the oval, friendly touch football matches fostered teamwork, fitness, and a spirit of healthy competition.

Basketball Hall

The school's basketball hall became a hub of activity, where students honed their basketball skills and engaged in friendly matches, regardless of weather conditions.

Friday Night Mega Tag

Friday nights brimmed with excitement as students participated in Mega Tag, an energetic and thrilling game that emphasized physical activity and teamwork.

Archery Session

This term we offered long draw archery session to promote focus, precision, and camaraderie among our students. This unique activity provided them with a chance to develop their skills while enjoying quality time with peers. Next term we hope to implement a safe combat archery tag activity using foam-tipped arrows with which we can shoot opponents to win the tournament (I plan to have a capture the flag type activity to promote teamwork and leadership).

WELLBEING ACTIVITIES

We place a paramount focus on nurturing the emotional and mental wellbeing of our boarding students. Here are some of the wellbeing activities that took place during the term:

Wellbeing Garden

Our serene wellbeing garden remained a place for reflection and relaxation, providing students with a sanctuary to unwind and connect with nature.

Kup Murri Pit Construction

In week 3, students undertook the construction of a Kup Murri pit in the wellbeing garden. This project not only imparted practical skills but also promoted cultural understanding and appreciation. A heartfelt thank you to all the boys who dug and lined the pit including Cody and Rory Killalea, Mervyn and Jesua Ahmat, Jandri Greyling,

ACTIVITIES AND WELLBEING

William Carter, Barry Hankin, Kalob Morrison-Hanson and last but not least Poppy Barnes. Also, a special thanks to Mr. Anau for sharing his expertise and knowledge so we could produce soft, moist mouthwatering meat. Without his guidance I'm sure we would have been eating about 70kgs of charcoal and sand!!

Egg Sales

We successfully sold our first four cartons of eggs from our new Brahma's and Wyandotte's. The funds raised will support youth-led groups to enhance both the wellbeing garden and the Young Men's Shed.

Young Entrepreneur's Club

In the Young Men's Shed, we initiated a Young Entrepreneur's Club. This club offers students the opportunity to explore business ideas with a positive social impact, fostering creativity and innovation.

Boarding Socials

Despite the impact of the football season and other local events, we organized a spectacular NAIDOC Week celebration day. Activities included weaving, beading, face painting, cultural games, and traditional dance performances, showcasing the talents of our Torres Strait Island boys and our wonderful guests who traveled from the islands to prepare an unforgettable feast.

INTER-SCHOOL COMPETITIONS

This term, we hosted an Inter-School Minute to Win It competition for all ages and a Grade 10, 11, and 12 mixed teams challenge at the Bluff Walking Track.

St Ursula's

St Ursula's hosted various events, including a Learn to Line Dance night, a Grade 7 & 8 Treasure Hunt at the Botanical Gardens Zoo, and a movie night at their school.

Rugby League Grand Finals

Our boys secured a thrilling victory against Emmaus College in the Open A Rugby League Grand Final helped by the screaming support of over 200 boarders. We are immensely proud of their dedication and achievement.

SPECIAL MENTIONS

This goes out to Denzal Summers, Mac Finall and Mr Butler, our unsung heroes, who put in tremendous effort to complete our Father's Day message, including brainstorming ideas, conducting trial runs, and even scaling mountains to capture slow-motion footage.

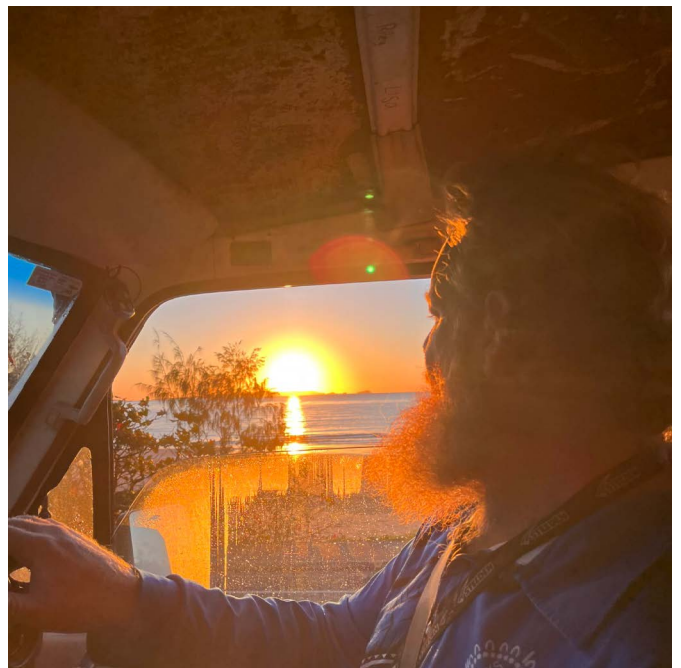
We believe these activities have significantly contributed to the personal growth and development of our boarding students. We remain committed to providing a nurturing and enriching environment that fosters their well-being and overall growth.

We eagerly anticipate another exciting term ahead, filled with opportunities for growth, exploration, and continued enrichment.

Remember to use Bush Magic:

"Listen with your eyes,
follow your gut,
and speak from the heart."

Saul Barnes
Activities & Well-being Officer



OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



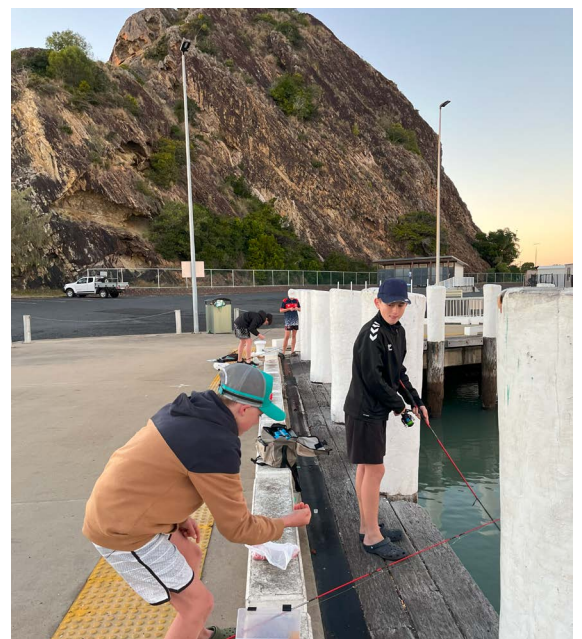
OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



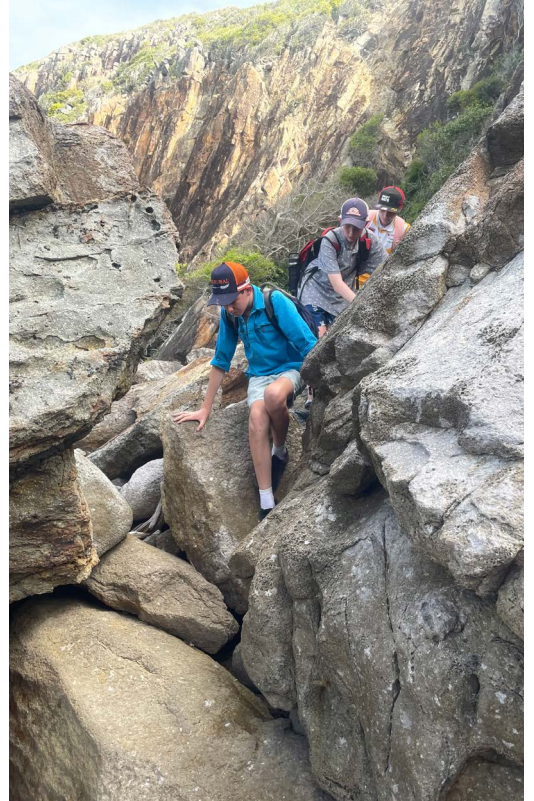
OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



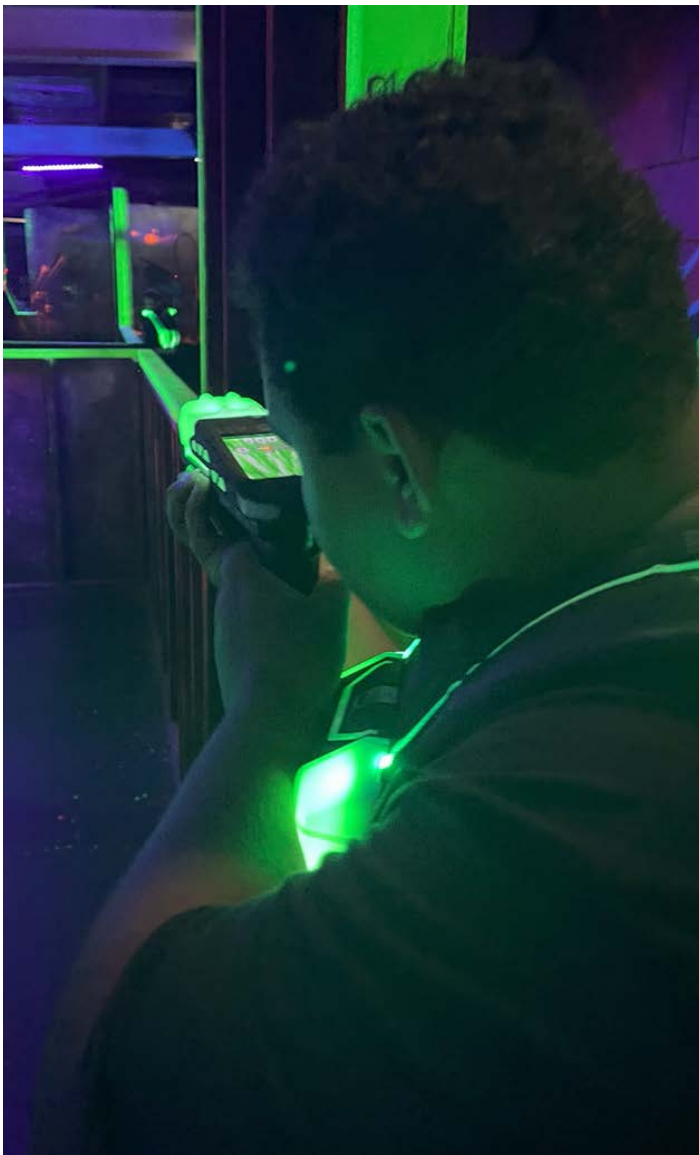
OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



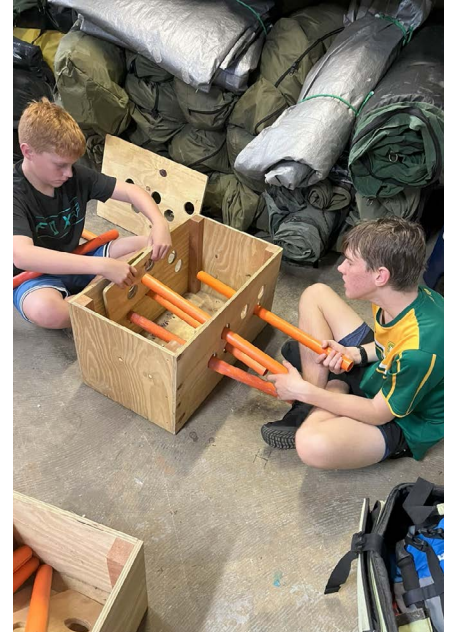
OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



OUT AND ABOUT



PARENT INFORMATION

Every issue we will introduce a new topic that correlates to our pastoral care teachings at the College. Some parents may be familiar with the resource SchoolTV and for others we encourage you to have a look at this exciting and helpful resource. SchoolTV provides topics with comprehensive videos from leading specialists and organisations around raising safe, happy and resilient young people. You will also find

fact sheets, suggested books, apps, websites and much more. Because SchoolTV is an independent organisation, it has content supplied by established organisations such as Beyond Blue, ReachOut, HeadSpace and others. The topics covered range from diet and nutrition to grief and loss, with all of the resources and information broken down into manageable articles and digestible pieces of information.

THIS MONTH'S TOPIC:

Understanding Teenage Relationships

The relationships we have with friends, romantic partners, family, teachers and workmates have a significant impact on our mental health and wellbeing. If relationships are positive then they can provide us with a feeling of being respected and cared for.



Independent information from leading specialists and organisations.

A great resource for parents and youth to help navigate challenges in daily life.

Free on the St Brendan's Webpage

ROMANTIC RELATIONSHIPS

It can be difficult to appreciate the impact that a romantic relationship can have on a young person's life.

Given that they are sometimes short-lived and seemingly unstable, adolescents' romantic relationships are often dismissed as 'puppy love', unimportant or failed to be taken seriously.

It has become increasingly clear that young people's romantic relationships warrant much more attention than they have traditionally been given. They play an important role in young people's day-to-day lives, and have a significant impact on their current mental health, their ongoing development and future romantic relationships.

Why is it important to consider the impact of romantic relationships on the lives of young people?

Romantic relationships are a common topic of conversation, a significant source of preoccupation and rumination, and a major cause of strong emotions in adolescence.

Young people say that romantic relationships and experiences - whether real, potential or fantasised - account for many of their strong emotions both positive (e.g., excitement, happiness), and negative (e.g. jealousy, anger, distress). The negative emotions associated with romantic relationships can't be avoided simply by not getting involved in one.

Young people (particularly girls) spend a lot of time thinking and talking about romantic relationships, whether the focus is on past relationships, or potential future relationships, even when they are single. And young people who are not in a romantic relationship often say that not having a boyfriend/girlfriend is very stressful, particularly in early adolescence. In addition to having a major impact on a young person's day-to-day lives, romantic relationships impact significantly on their ongoing emotional and social development. They also lay the foundations for romantic relationships in adulthood.

While it is true that young people's romantic relationships tend to be shorter in duration than adult relationships, and typically involve less intimacy, attachment and commitment, they still play a very important role in adolescents' lives.

The impacts of a romantic relationship

Romantic relationships cannot be generalised as being either 'good' or 'bad' for adolescent development. The many benefits and risks of adolescent romantic involvement often co-exist. Positive outcomes can include enhanced self-esteem, popularity and social status, social competence, autonomy/independence, increased feelings of self-worth and protection against feelings of social anxiety.

Negative outcomes can include substance use, academic difficulties, stress and involvement in delinquent behaviour (particularly in relation to early sexual and romantic experiences), sexual health risks and unplanned pregnancy, risk of experiencing 'dating violence' or 'partner violence' and increased vulnerability to experiencing depressive symptoms (particularly for girls, and particularly following break-ups).

Supporting a young person during a relationship break-up

Some things to consider:

- Avoid assumptions about the significance of a relationship or the impact of a break-up
- Don't dismiss distress resulting from a relationship break-up - young people may be at increased risk of developing a depressive episode following a break-up
- Don't make assumptions about how significant a relationship was/is based on duration or age
- Be sensitive to the ways in which a romantic relationship may affect existing friendships and/or family relationships
- Do not dismiss their distress or assume they will simply 'get over it in time'. They may be feeling embarrassed or ashamed about seeking help for a problem they think they should be able to deal with alone - if your reaction reinforces this belief it can be very damaging
- Discuss acceptable and unacceptable ways of coping with difficult emotions (e.g., stalking behaviour, cyber-bullying; see dealing with relationship break-ups)

Published by headspace

COLLEGE PRAYER

Loving God,

GRANT ME THE COURAGE OF
ST BRENDAN, TO JOURNEY
BEYOND THE FAMILIAR AND
INTO THE UNKNOWN.

THE CONVICTION OF
BLESSED EDMUND TO
LIBERATE THE MARGINALISED.

THE COMPASSION OF CHRIST
TO GO FORTH WITH LOVE.

AND THE FAITH NOT TO DOUBT,
THAT IT WILL BE GIVEN.

Amen

