

Mentoring Through Sports (MTS)

DFV Impact on Children



Millions of Australian children are exposed to domestic and family violence each year. This affects their physical and mental wellbeing, development and engagement with schooling, and is the leading cause of children's homelessness in Australia. Children exposed to violence are more likely to drop out of school, have difficulty finding and keeping a job, and are at greater risk for later victimisation or perpetration of interpersonal and self-directed violence. This leads to intergenerational violence against children. (Aust Institute of Family Studies)

Sporting activities create many psychological and social health benefits including improved self-esteem, social interaction and fewer depressive symptoms. Team sport is associated with improved health outcomes compared to individual activities due to the social nature of the participation. (International Journal of Behavioural Nutrition and Physical Activity). Evidence suggests that school-based programs help children to be critical of gender norms, violence-supportive attitudes and gain the skills to form healthy and respectful relationships in adulthood. (Aust Institute of Family Studies)

Solutions

SunnyKids and the Brisbane Broncos Rugby League Football Club work together to deliver the SunnyKids' Mentoring Through Sports (MTS) program in schools. Broncos players facilitate the program to provide skill development and mentoring as a vehicle to develop thriving young people.

Schools identify children who are at risk of disengaging from education and these students then participate in a Mentoring Through Sports program. The program aims to drive changes in the attitude and behaviour of the children and develop a clearer understanding of mental and physical health and wellbeing. Children and their families benefit from additional case coordination support facilitated by our team of DV specialists.

This program has had enormous success in schools across South East Queensland. Common themes gathered through child and teacher evaluation surveys include:

- Increased sense of self-worth and confidence;
- Healthy management of anger and conflict;
- Better understanding of personal health, nutrition and wellbeing.



17% of Australian students do not complete their schooling or year 12 Equivalent

(School Ventures Australia)



An estimated 33.8% of young people are very concerned about school or study problems

(Mission Australia 2018)



93% of children say famous athletes inspire them to follow their dreams

(National Survey of Kids)



20% of students are disengaged from school

(Genesis Christian College Factsheet)



1 in 4 children are exposed to DFV

(Aust DFV Clearing House 2011)



13% of adults experienced abuse during their childhood

(AIHW)

COMMON EFFECTS ON DFV ON CHILDREN

- Increased behavioural issues and risk-taking behaviours
- Higher rates of mental health issues
- Increased learning difficulties
- Developmental delays in cognitive functioning
- Poor academic outcomes
- Lower school attendance rates

About SunnyKids

SunnyKids provides essential support services to children and families experiencing domestic and family violence and hardship.

Our integrated support network provides a range of life-saving services to thousands of families in Queensland each year.

We believe it takes a village to raise a child and in doing so, work tirelessly within local communities to help educate and break the cycle of violence and hardship to create a future where this doesn't exist.

To do this we provide a social and emotional safety net for thousands of children and their families through partnerships with health and education service providers. Our unique Virtual Village practice model provides wrap-around support services to children and their families.

VISION

A society in which everyone feels safe, belongs and has the chance to reach their full potential.

MISSION

We work to ensure that every child, family and individual who needs help can get it.

SunnyKids Programs



SunnyKids in Schools



SunnyKids in Early Education



Emergency Accommodation - Save a Life Tonight



Crisis Accommodation



Transitional Housing



Mentoring Through Sports

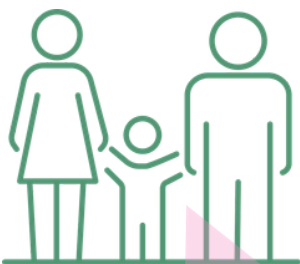


DFV Counselling / Complex Case Management



Business and Community Education

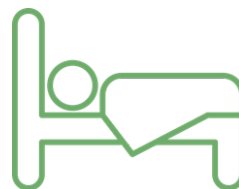
The impact of the SunnyKids village



3,607 individuals helped 2024/25 - 30% increase from 23/24



1,085 children in school based programs in 2024-25



8,262 bed nights in 2024/25



22% Government funded

How to support

Each day there are 500 reported incidents of domestic and family violence in Queensland.

To learn more about the SunnyKids impact, how you can become a part of the SunnyKids Village and support our important work - call or visit us on

Phone 07 5479 0394
SunnyKids.org.au

