

MEDIA RELEASE



March 14, 2005

Cycling to build a Circle of Courage

Six cyclists will ride across Australia to address issues of at-risk behaviour among young people in small, rural communities.

"Studies show youth in these communities are up to four times more likely to commit suicide and up to seven times more likely to fall pregnant at a young age," says Jonathan Duffy, team leader and director of health for the Seventh-day Adventist Church in the South Pacific, organiser of the tour. "They're also more likely to use drugs and alcohol. Adults can help by embracing the Circle of Courage model we'll be promoting."

The Circle of Courage focuses on four areas—belonging, mastery, independence and generosity.

"I'm concerned about the increase of risk behaviour in young people," says Mr Duffy. "Research shows the most important protector against risk taking for young people is for young people to feel valued by significant adults in their community. I want to challenge the adults in rural communities to take the leading role in developing positive relationships. This will build resilience and self-esteem among young people."

The cyclists start their tour from the Murray Street Mall in Perth on April 5 and finish in Sydney on May 5. They will speak in 21 towns across Australia and will cover an average of 165 kilometres a day.

For the cyclists' weekly journal updates during the tour, visit the official website:

www.cyclingincircles.org.au

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For more information, to receive photos or to arrange an interview, contact:

Melody Tan

Mobile: 0404 861 457

Phone: (02) 9847 3247

Email: mtan@adventist.org.au

Website: www.cyclingincircles.org.au



Adventist News Network
Locked Bag 2014, Wahroonga, NSW, 2076, Australia
Phone: (02) 9847 3290 Fax: (02) 9489 0943
Email: communication@adventist.org.au



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What is the Circle of Courage?

It is a model of youth empowerment based on Native American philosophies of childcare.

American Indians have long been known to rear courageous, respectful children based on the values of belonging, mastery, independence and generosity. These four essential building blocks for nurturing young people and developing their courage have become known as the Circle of Courage. These principles equip young people to meet the challenges of life and bounce back stronger than before.

The Spirit of Belonging

Every young person has a deep need to belong and to experience secure, loving relationships with significant adults. A positive relationship with at least one significant adult can make a considerable difference to that young person's self-esteem. It will also help them learn that they can trust others and know that they are loved.

The Spirit of Mastery

Young people are given skills in which to master and survive in their environment. The talents of young people are identified and the development of these talents encouraged. The community affirms them through acknowledging the benefit gained from the contribution made through their talents. When success is met, the desire to achieve is strengthened. Identifying talents and skills that children have and encouraging them to develop these skills can further instil a sense of value.



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The Spirit of Independence

Independence is about equipping young people with good decision making skills, a stable set of values to base their decisions on and then allowing them more decision making responsibility in their lives. Children who are encouraged to do so develop more self worth and confidence in themselves.

In contrast to obedience models of discipline, Native teaching was designed to build respect and teach inner discipline. From earliest childhood, children were encouraged to make decisions, solve problems, and show personal responsibility.

Adults modelled, nurtured, taught values, and gave feedback, but children were given abundant opportunities to make choices without coercion.

The Spirit of Generosity

The central goal in Native American child-rearing is to teach the importance of being generous and unselfish. In helping others, young people create their own proof of worthiness: they have the power to make a positive contribution to another human life. Young people need opportunities to contribute to others and have a commitment beyond themselves to foster the belief that they have a purpose in life.

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Team Leader: Jonathan Duffy

Jonathan Duffy is currently director of Adventist Health in the South Pacific region.

He has 24 years of public health experience in school, community, hospital and corporate settings. He has a passion for helping young people live happy, meaningful lives. He has two children and understands many of the pressures that young people face. He has the ability to take complex health principles and put them into simple, practical and doable steps. He is the main presenter at the town meetings.



Mr Duffy, director of Adventist Health



Training for the Circle of Courage Cycle Tour

**For Mr Duffy's weekly journal updates and the latest news during the tour, visit
the official website: www.cyclingincircles.org.au**

To arrange an interview with Mr Duffy, contact:

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The Other Cyclists



David Hobson

David Hobson is married and has two lively boys. He is a secondary school teacher, specialising in Industrial Arts and IT. He is involved in sports and outdoor activities in many forms and narrowly missed qualification for the 2005 Australian Ironman (Forster).



Keith Hughes

Keith Hughes is the oldest member of the team and will turn 69 on April 14. He has one wife, two children and one recently born grandson. He believes that intergenerational relationships are an important component of healthy communities. He has an active interest in, and has had many years involvement with, church youth groups.



Kevin Judge

Kevin Judge has worked most of his career as a school principal in New Zealand and is currently employed at Avondale College, New South Wales. Kevin is passionate about the immense potential of each young person if given a positive environment. He is also an avid participant in sports, with a background in long-distance running events, cycling, triathlon and basketball.



Quentin Oaklands

Quentin Oaklands is a high school teacher at Carmel College in Western Australia. He is married and has two preschoolers. His hobbies include photography and most sports. He sees the effects of today's society on young people and wants to be a part of helping them.



Stephen Andrews

Stephen Andrews is the commercial manager at the Sydney Adventist Hospital. He is married with two children, and lives on the Central Coast of New South Wales. He has been working with young kids and teenagers for a number of years and is currently the leader of an "outdoor adventure" youth club.

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Facts & Figures

In general individuals who live in regional and remote areas are more likely to be smokers, drink alcohol in hazardous quantities, overweight or obese and more likely to be physically inactive. – *2003 Rural Health Report*

Compared to urban youth, Australian rural youth are:

- Up to 4 times more likely to commit suicide.
- Up to 5 times more likely to be involved in a motor-vehicle accident.
- Up to 4 times more likely to commit an alcohol-related crime.
- Up to 3 times more likely to die from external causes and injury.
- Up to 2.5 times more likely to be hospitalised due to pregnancy.
- Up to 11 times more likely to experience physical abuse if female (as compared to males) living in a rural community.
- More likely to use illicit substances.
- 1 in 3 rural youth aged 14-19 have been victims of alcohol related verbal and/or physical abuse. — *"Influencing the Lives of Rural Young People," Revolve, September 2004, No 7*

"This group generally has poor access to medical and community support and lacks ability to communicate their emotions in times of personal crisis." – *Dr Paul Beckinsale, Director of the Keep Yourself Alive: Youth Suicide Prevention Program*

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ITINERARY

Date	Cycling	Meeting Details
Tues 5 April	Perth to Cunderdin 154km	7.30pm Tennis & Bowls Club Lundy Ave, Cunderdin
Wed 6 April	Cunderdin to Southern Cross 212km	7.30pm Complex Lounge Sirius Street, Southern Cross
Thurs 7 April	Southern Cross to Coolgardie 188km (Driving 39k to Kalgoorlie)	7.30pm Family Training Institute Wilson Street, Kalgoorlie
Fri 8 April	Coolgardie to Norseman 167km	No meeting organised
Sat 9 April	Esperance (driving 202km to mtg)	11am Esperance Seventh-day Adventist Church 43 Foy Street, Esperance 3.30pm Anglican Hall 29 Andrews Street, Esperance
Sun 10 April	Norseman to Balladonia 188km	No meeting organised
Mon 11 April	Balladonia to Caiguna 178km	No meeting organised
Tue 12 April	Caiguna to Madura 155km	No meeting organised
Wed 13 April	Madura to Eucla 181km	No meeting organised
Thurs 14 April	Eucla to Nullarbor Roadhouse 188km	No meeting organised
Fri 15 April	Nullarbor Roadhouse to Bookabie 193km Drive to Ceduna (109 km)	No meeting organised
Sat 16 April	Ceduna	10am Sailing Club 1 O'Loughlin Terrace, Ceduna
Sun 17 April	Bookabie to Smoky Bay 150km Drive to just outside Streaky Bay	4pm (End of Youth Week) Streaky Bay Supper Room Studio 29 Alfred Terrace, Streaky Bay
Mon 18 April	Smoky Bay to Elliston 196km	8pm Sports & Community Centre Beach Terrace, Elliston
Tues 19 April	Elliston to Port Lincoln 171km	In progress still to be confirmed Port Lincoln
Wed 20 April	Port Lincoln to Cowell 158km	7.30pm Council Chambers Darling Terrace, Whyalla



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Thurs 21 April	Cowell to Port Augusta 180km	7pm Youth Centre Hall 3 Hobby Street, Port Augusta
Fri 22 April	Port Augusta to Snowtown 176km	In progress still to be confirmed Kadina
Sat 23 April	Adelaide	3-5pm Seventh-day Adventist Church Regional Meeting The Barossa Valley Arts and Convention Centre Magnolia Road, Tanunda
Sun 24 April	Snowtown to Adelaide 142km	In progress still to be confirmed Adelaide
Mon 25 April	Adelaide to Blanchetown 133km Drive to Waikerie	3.30-5.30pm Opening of Skate Park – Main Road, Waikerie 7.30pm Oscars Function Room - Waikerie Hotel McCoy Street, Waikerie
Tues 26 April	Blanchetown to Renmark 112km	In progress still to be confirmed Berry
Wed 27 April	Renmark to Mildura 142km	3.30-4.30pm Lane Tree Mall, Mildura 7.30pm Venue to be confirmed, Mildura
Thurs 28 April	Mildura to Balranald 174km	In progress still to be confirmed Balranald
Fri 29 April	Balranald to Hay 131km	7.30pm Spirit of Anzac Centre Corner Pine & Morgan Streets, Hay
Sat 30 April	Hay	No meeting organised
Sun 1 May	Hay to Narrandera 172km	3pm CRC Plaza Theatre, Narrandera
Mon 2 May	Narrandera to Wagga Wagga 95km Wagga Wagga to Tarcutta 87km	In progress still to be confirmed Wagga Wagga
Tues 3 May	Tarcutta to Yass 151km	7.30pm Yass Valley Council Chambers 209 Coomur Street, Yass
Wed 4 May	Yass to Mittagong 180km	7.30pm Highlands Golf Club Old Hume Highway, Mittagong
Thur 5 May	Mittagong to Sydney 105km	