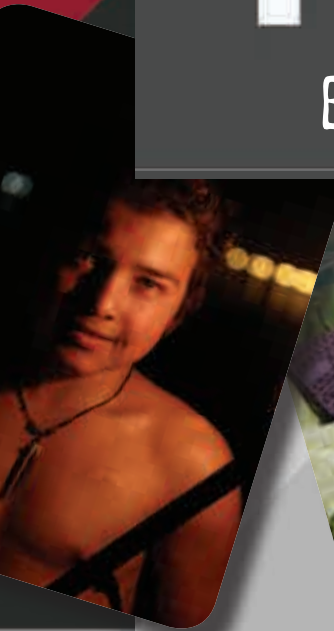


AUSTRALIAN CHILDREN'S
TELEVISION FOUNDATION



MY:24

EPIISODE SYNOPSIS



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CRYSTAL

Crystal never imagined that a fun spare-time activity with her best friend would eventually become her life's focus even though her circus classes had got into her system by the time she was 12 years of age.

Her **MY:24**, the day she made the mental switch that the circus was her passion, she decided to get serious and trekked to a hardware store on a mission to make a stack of hula-hoops. Since then she's been on a steady, glittering trajectory to achieve her dream of one day performing around the world professionally. This has transformed her from an unconfident and hesitant schoolgirl amateur to a rising circus superstar.

Crystal has been with Australia's national youth circus, the Flying Fruit Fly Circus, for two years. She still gets terribly homesick for Broome and, given that her hometown is in the tropics, she greatly dislikes how cold it is in Albury, where the school and performance group is based. Being a circus performer is a very tough life physically – especially due to the pain associated with working with a trapeze. She hasn't settled in completely but is trying to make the most of this wonderful opportunity.

The future is very exciting for Crystal. Once she graduates her dream is to travel the world as part of an international troupe such as Cirque du Soleil.

Dave suffered depression until, aged 15, he went to a Sydney gym for the first time and met Greg. After that first workout he was hooked: the gym was his new anti-depressant and Greg became his trainer and mentor. Eight months later Dave was still on anti-depressants but believed the gym and Greg were more effective in enabling him to adopt a healthy mental and physical outlook and manage his anxiety and depression.

The support of his family has also been hugely important in managing his disorder: his mum and dad often work out at the gym alongside him. His mum also plays a crucial part in an arrangement that allows him to forego school when a panic attack is approaching and head for the gym instead. But he catches up on his schoolwork later of course.

As a result of sending the YMCA his story as part of a competition, Dave won a free year-long membership for his entire household and became part of the YMCA family. He has given presentations on behalf of the organisation and works part-time for the local YMCA. He has also talked publicly at his own school about how to identify depression and help friends with mental health issues.

Dave is passionate about spreading his message and aims to develop a career as a motivational speaker or within the mental health sector, perhaps within the public sector or as a lobbyist.

Dave says he feels happy and loved, and has a strong sense of belonging; sensations he never dreamed possible for himself. Months now pass without the dull fog of depression or panic attacks.



DAVE

Before her MY:24, Romy was a carefree 13-year-old, living with her family and a lot of dogs and kangaroos on a four-hectare property. She loved her big bedroom and riding her bike around the property and she had a passion for playing tennis. Then the Black Saturday bushfires hit.

Romy had to dig deep to find strength she didn't know she had after her family's home and all their possessions and personal treasures were destroyed. She had to will herself to find the drive that would enable her to recover and refocus rather than succumbing to despair.

She now lives in suburban outer Melbourne, a big change from her rural lifestyle, and once the renovations are finished she will have her own room again. She still struggles with aspects of what happened and constantly checks weather reports, especially in the summer, but she has a new appreciation for life and family and for making the most of the here and now. And she loves her new ukulele.

Finding solace in tennis, Romy has also transformed from laid-back country girl to a fiercely driven athlete. She trains every night of the week, is ranked 200th in Australia and plays Grade 1 at Kooyong. Romy dreams of heading to tennis college in the US and playing in the International arena. Her coach is Michael Baroch, who used to coach Maria Sharapova.



ROMY



COEN

Coen from Queensland's Sunshine Coast was born with cystic fibrosis and later developed diabetes. His MY:24 was a double lung transplant at the age of 15. In the six months before, he only had 20% lung capacity and would spend eight hours of every day for a stretch of two weeks taking medication and having treatment.

Simple things were such a struggle before the operation but now he's able to breathe deeply, run around and wrestle with his little brother. He can also laugh: his version of a laugh used to be a hiss because of the pain it caused.

Coen can now live life to the full like a normal teenager and he and his family have recently been travelling the Whitsundays by boat. He is immensely enjoying snorkelling, jet-skiing and swimming. He is also enjoying the experience of eating like he never has before, in part because he no longer takes the medications that negatively affected his sense of taste.

In early 2014, Coen plans to jet ski the Murray River for a second time during DonateLife Week to raise awareness and encourage potential organ/tissue donors to sign up. He expects it to take seven days, rather less than the seven weeks it took before his transplant.

At a very early age, Coen learned the importance of making every moment count. He has big plans for his future and wants to be a TV presenter, preferably on a wildlife, environment or adventure show.



JAKE

Jake is the current open male world champion in rope skipping and holds the world record as the fastest skipper as at 2013.

Jake had been training for years as an elite swimmer when he happened upon the sport of competitive skipping at a school fete. It offered him a whole new world of passion and possibilities but the reaction of his family and peers caused considerable friction and heartache: he was bullied at school for joining the skipping group and did so behind his disapproving dad's back.

Jake is now studying primary education at university, a career direction inspired by his skipping coach Carolyn. He coaches a junior team of skippers and works for the Heart Foundation: visiting schools, giving skipping demonstrations and promoting the organisation's "Jump Rope for Heart" physical activity and fundraising program.

In future Jake wants to continue to give back through coaching, better his record at the next world titles, be an advocate for the acceptance of students who go against the norm, and give those students the skills to build their confidence.

Jake, 20, lives with his family on Queensland's Gold Coast and is the middle son of three boys.

At the age of 16, Rida chose to be part of mainstream contemporary Australia rather than adhere to her traditional Pakistani upbringing.

Her MY:24 was taking the frightening first step of standing up for herself by refusing to leave her new home in Australia and her educational aspirations here for a life she felt would be limiting – a life she saw would involve an enforced return to Pakistan, an end to her formal education and the possibility of an arranged marriage. This necessitated breaking away from her family and seeking the support of friends and professionals in her local community to help her finish her schooling.

Now 18, Rida is a productive and free-spirited young woman who has retained her faith and cultural identity. After completing her Victorian Certificate of Education (VCE) with sponsorship from her employer, the Australian Taxation Office, she was accepted into University, and now lives independently. She is heavily involved in community radio and is soon to launch a new program titled Colourful Australia, has won several short story competitions and is working on her first novel, and has been invited back to Pakistan to speak to the media about women and choice.

Rida is determined to continue to contribute to society's cultural understanding and advocate for greater freedoms. She dreams of becoming a philanthropist who helps rebuild communities in poorer nations and of studying psychology in order to be a better counsellor.

Importantly for her, she is repairing the relationship she has with her family. They can see she's making the most of the opportunities open to her and all admit to loving one another very much.



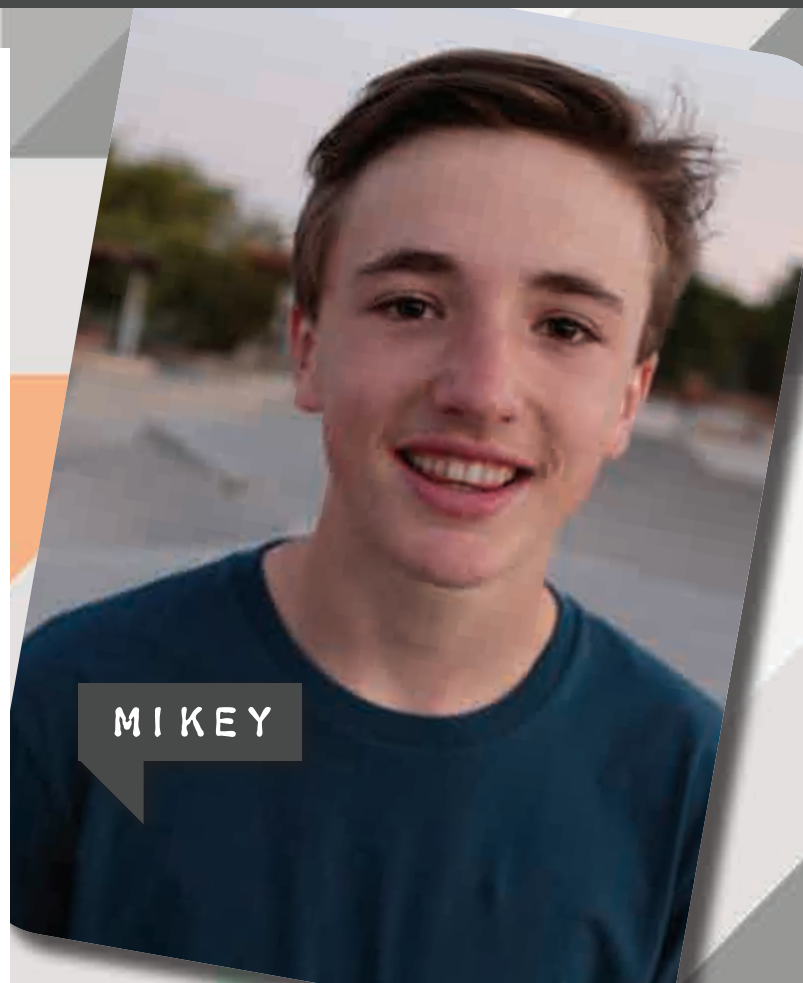
RIDA

Faith was born in the Philippines but she has also lived in the Middle East and Australia moving countries a lot when she was younger due to the demands of her father's work. She currently lives with her parents in Brisbane.

The friendships that Faith made suffered because of her nomadic life and she found it increasingly difficult to connect with people. "Shy and awkward" is how she has described herself. Her escape was always music and after teaching herself to play the guitar and then to compose music on her tablet via YouTube tutorials, she started to write songs.

Faith's music teacher encouraged her to enter one of these songs, Liar, into the triple J unearthed initiative, aimed at discovering and sharing the best new Australian music. Her MY:24 was the day she was told she was one of six finalists. The song was subsequently broadcast to thousands of people across Australia.

This recognition from strangers gave her the confidence to pursue music more seriously but she has a slow and steady attitude. Besides honing her craft and composing tracks for an EP, she is also focusing on her schooling – and developing friendships, including with musicians. She has also reconciled with the girls who prompted her to write the song that had such a big impact on her life.



MIKEY

Mikey grew up with parents who both suffered from severe mental illnesses and at times they were unwell his home life was extremely difficult. He would often go hungry and missed a lot of school, and when he did go to school he had no school bag or books. The one thing he always enjoyed though, was learning new tricks at the skate park.

Mikey's MY:24 was meeting an aunt that he never knew he had and realizing that she was going to take him under her wing and love him, care for him and support him. At that time he wasn't enrolled in a high school but Aunty Debbie made sure he got a good education.

She also encouraged and supported his passion for skating and it paid off when he won first the state titles, then the national titles. In 24 hours he went from "normal skater kid" to Australian skating champion.

He greatly appreciates the help he got to turn his life around and intends to spoil his aunt and uncle rotten if he ever becomes wealthy from his professional skateboarding. Perhaps the fact that he is school captain at a Gold Coast school indicates just how well he is also performing within the education system.



FAITH

ANDY



Andy's MY:24 was debuting at his fashion collection at Melbourne Spring Fashion Week in 2012. At 15 years of age he was the youngest designer to have a solo show – and was heralded as Australia's youngest fashion designer.

Despite still being a student at Kew High School, he runs his own fashion business – designing four collections a year – and studies fashion part-time at Kangan Institute. His manufacturing partners in Springvale are currently working on 50 different pieces.

Andy also sells movie tickets and popcorn part-time at Hoyts Cinemas in order to fund his passion but still finds time to hang out with his friends and exercise his desires as a self confessed "shopaholic".

Due to his hard work the future looks incredibly bright for this young entrepreneur, especially as three Melbourne boutiques now include Andy's designs in their range. Upon finishing school he plans to go into the business full-time or study at Parsons School of Fashion in New York City, showcasing his designs at New York Fashion Week.

His long-term ambition is to have his own haute couture collection in Paris within 15 years.

Lyndsey was one of the naughty kids in her Sydney high school up to the point when she met her "big sister" Kathy through a mentorship program. Kathy made her see that she shouldn't spend her time planning and executing pranks, then helped her set some life goals and gave her the confidence to pursue those goals.

When Kathy stood by Lyndsey during a particularly tough period it was Lyndsey's MY:24 and it created an unshakeable bond between them.

Since then Lyndsey has graduated from Bradfield Senior College and completed an audio engineering course at a music college. A self-taught guitarist, she now writes her own music and songs.

Kathy's continuing support and influence has had a wider and more far-reaching affect than Lyndsey could ever have imagined: it has given her the power and confidence to take control of all areas of her life including the sometimes difficult arena of family. She has moved out of her dad's home, and lives with her grandad now.

One of Lyndsey's dreams is to attend acting college and she is currently saving up to cover the tuition fees and other costs. She knows she has to be financially independent to achieve that goal but has developed a determination and drive that is sure to see her through.



LYNSEY

Sam had been involved in Sydney's Bronte Surf Lifesaving Club since he was five years old but he was 17 years of age when his whole perspective on life changed as a result of saving a man caught in rough seas from drowning.

It was a very frightening experience not just for the survivor but for Sam too, and it prompted him to develop an ethos of always being in the present, making the most of every moment and getting out into the world in order to see and feel as much as he can of life.

Sam is living up to his ideals by working as a ski instructor at Perisher in Australia for some of the year, in Canada for some of the year, and by holidaying and surfing in Bali at other times.

Nevertheless, he has stayed connected with the club and still goes on patrol with his mates at Bronte when he's back home. The beach, and this one in particular, will always be Sam's home but his future will continue to shape his "living in the moment" philosophy and his desire to experience different cultures, people and places.



MAKHALA

As a little kid in Rockhampton, Makhala was as bubbly, bright and optimistic as she is now, but there was a time in between when she was shy, quiet and tormented, in part due to one or two difficult relationships with friends and family. Anxiety and depression lead to the onset of anorexia when she was in her early teens.

A few years later, weighing in at 36 kilograms, Makhala was hospitalised and told she wouldn't live another two weeks if she didn't start eating. Her MY:24 occurred when she met a fragile horse named Karma that was in danger of being put down and was gripped by the need to save him. That led to her saving herself, discovering a passion for horses and being inspired to help others avoid downward spirals of the kind that nearly crushed her.

Makhala now has more friends than she's ever had in her life and enjoys an active social life. She is active, exuberant and is studying youth work and mental health in the hope that she'll be able to major in psychology at university and use her experience and knowledge for the benefit of others. She's already an active participant in the Inspire Foundation and regularly speaks to kids about depression and anxiety.

She also loves spending lots of time riding her horse – and dreams of eventually setting up an equine-assisted therapy school.



SAM

JUSTIN

Justin moved around a lot living in various countries in Asia and as a child had difficult relationships with his family. He moved to Australia at the age of 16 to board at a school in Melbourne. Life at boarding school was difficult for Justin, he found the environment oppressive and didn't know how to deal with his sexuality. Alone and isolated, Justin was often bullied and had frequent temper tantrums.

One day it all came to a head - he screamed at one of his tormentors for making fun of him and fled the room in a complete state. He suddenly realised he no longer cared what people thought of him. Finally he had found the freedom to start to become the person that he wanted to be. Thus Justin's **MY:24** changed him from repressed teen to confident young man.

Justin now works as a trainee copywriter in an ad agency after deciding not to follow through with a commerce degree. He's exuberant and optimistic, is a volunteer at ACON and campaigns for equal marriage rights.

He lives with friends in inner city Sydney and is obsessed with cooking because of the sense of belonging it gives him. He knows it will be difficult for his parents to hear the news that he is homosexual but he plans to tell them soon.

Justin thinks of his school years as a bittersweet experience: they caused him great anxiety and broke him down but it was also the place where he broke free of his lack of self-worth. He now has a circle of dependable friends, a promising career and is at peace with himself.

As a 15-year-old, Stephanie was a regular teenage girl at a Christian high school in Canberra, hanging out with friends and her first serious boyfriend. But then her world turned upside down when she found out she was pregnant and her relationship with her boyfriend finished.

The birth of baby Charlotte turned out to be Stephanie's **MY:24** because it led her to discover enduring love and find the strength and determination to finish her studies, and to become "the best mother and person" she can possibly be.

Stephanie is now studying full-time for a Bachelor of Primary Education at Canberra's Australian Catholic University, while living at home with a blended family of her mum, dad, slightly older sister and brother. Stephanie's brother is only seven years old and he and young Charlotte love running around the house together and getting into mischief. Stephanie has lots of friends and is in a new relationship now and she and Charlotte have the support of his family too.

She learned some tough lessons and fully understands how one decision can change your entire life for better or worse, but she is in a good place and looks ahead with optimism. She is determined to become financially independent as soon as feasible, rather than relying on the public purse, and hopes to travel overseas with Charlotte at some stage, own her own home – and get married and have more kids.

STEPHANIE

Fablice is a 20-year-old Melbourne-based hip-hop artist who has performed with one of Australia's greatest music legends. His life now is a world away from his time as an orphaned 11-year-old soldier during the civil war in the Republic of Burundi in Africa.

Fablice was able to relocate to Australia only after a courageous escape and a stint in a refugee camp. His flight to and arrival in his new country has given him opportunities he never dreamed were possible. He is currently studying International Business at university while living in student accommodation.

Fablice and his nephew G-Storm (see below) write and perform together under the name FLYBZ, an African/American rap act. They have wowed crowds at venues as big as the Melbourne Cricket Crowd – during a football game – and their debut single Child Soldier is a collaboration with singer/songwriter Paul Kelly.

Fablice and G-Storm made a very touching return to Burundi to tour schools and inspect projects under the AidAction Australia banner. They were very touched by the trip, which inspired them to work harder at their music in order to spread a message of peace. By achieving great things in Australia they believe they can give the people of Burundi the help they feel they owe them.



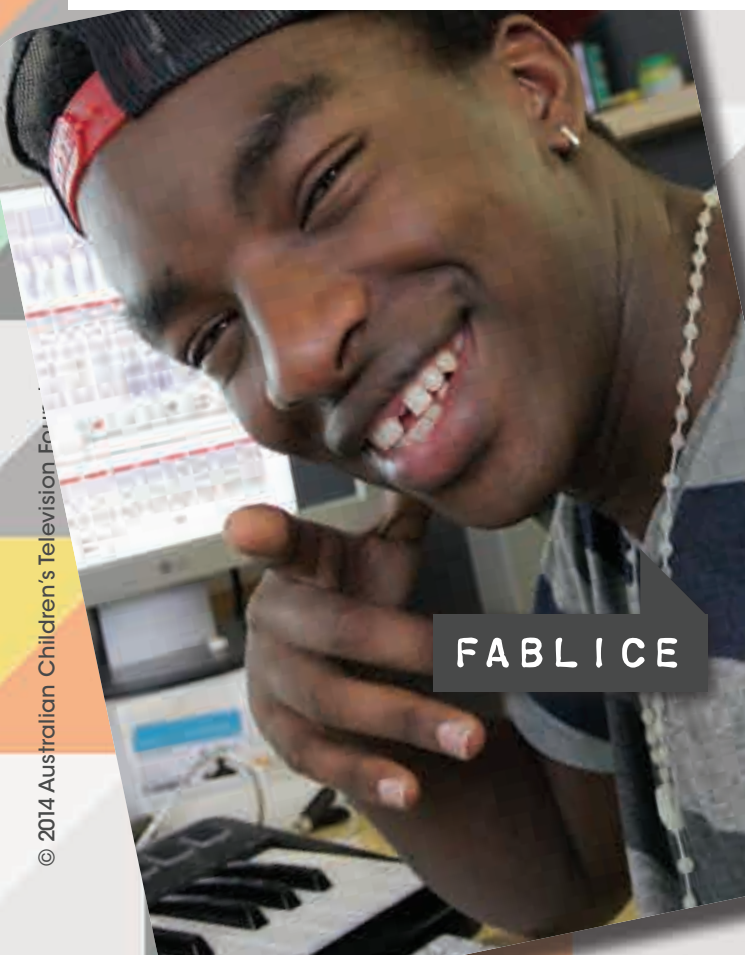
G - STORM

G-Storm is a 17-year-old Melbourne-based hip-hop artist who was born in a refugee camp in Tanzania. At the age of nine he met and fell under the spell of his Uncle Fablice (see above). Fablice was only three years older but under his influence G-Storm gave up his wild ways and aspired to be a better person.

While living in the refugee camp a dream came true for G-Storm: he and his family were granted a visa for Australia and he now attends a high school in multicultural Melbourne.

G-Storm now writes and performs with Fablice for their rap act FLYBZ and since travelling back to Burundi recently as part of his aid work, he has become further immersed in and committed to music. He wants to keep improving, creating and reaching audiences all over Australia. FLYBZ's debut single refers to cannibalism, brutal violence and loss of innocence, subjects that nephew and uncle have experienced first-hand. Their story is a powerful reminder that the human spirit has the potential to overcome the harshest of circumstances.

Apart from school and his music, G-storm enjoys playing soccer – and doesn't mind boasting about his skills on the field.



FABLICE



MADELEINE

Madeleine was born with one arm. Madeleine has always strived to be independent, and has a wicked sense of humour. At 16 years of age she made the decision to become a "complete set" and made various applications to fund a bionic arm. She says her applications were rejected because she was seen as too capable.

To cheer herself up, she went to see a show featuring comedian Adam Hills. When they met after his stand up routine, he told her she was funny and encouraged her to think she might have similar abilities. Madeleine's **MY:24** was when she discovered she and Adam Hills had more in common than just being able to make people laugh: she saw that he was missing a limb too. It was just the lift she needed to kick-start her comedy career.

Madeleine took a gap year between high school and university in 2013 in order to coordinate stand-up comedy nights and do her own gigs several times a month. Sometimes she gets paid, and sometimes she doesn't.

She is now studying performance at Wollongong University and has added acting and singing to her repertoire. She wants a future in comedy but also intends to heed the advice of Will Anderson, another comedian, which is to always have a back-up plan.

Lucas's Melbourne childhood was defined by profound learning difficulties because of his profound dyslexia, and relentless, seemingly fruitless special education classes. His MY:24 was the day he decided that enough was enough: he no longer wanted to be singled out for his disability or to feel separate and different from his peers.

Lucas has subsequently changed from "special ed" kid to a creative powerhouse by embracing his passion for filmmaking, celebrating the heightened creativity he feels dyslexia has given him and taking control of his persona and his life – he now makes his own educational choices and this is working for him and his parents.

Lucas now lives and breathes film and filmmaking and is inventive and prolific. His bedroom is a shrine to film – especially to his idols Quentin Tarantino and Woody Allen – and he watches about eight films a week. He is almost always working on some aspect of his next planned production.

Lucas has a full-time scribe he jokingly refers to as his assistant. People have suggested that he try audio books and technology so that he isn't as reliant on this kind of help, but he says having a lot of close contact with people helps him focus his thoughts and share and build on his ideas. The future is most definitely paved in pictures and sound for Lucas, although he's got some way to go before finishing his formal schooling, and dyslexia has most definitely taken the backseat in his life.



LUCAS

Ryan is a hip-hop dancer who hails from the country town of Taree. His MY:24 started with a nervous solo plane trip from Taree to Sydney to attend a dance workshop, and ended with him meeting and being inspired by talented indigenous dancers. The experience left him with the firm conviction that he too wanted to be a dancer.

Subsequently Ryan auditioned for the NAISDA Dance College. When he was accepted he had no choice but to move away from his home and family in order to study on the NSW Central Coast.

He boards with a couple whose kids have grown up and left home and travels back to Taree during holidays to visit his family. One of his sisters lives in Newcastle and he'll often visit her on the weekend, especially if he's feeling a bit homesick.

Ryan's favourite dance styles are hip-hop and modern, although he is enjoying the challenge of learning ballet, contemporary and tap. He plans to continue his NAISDA studies for the next three years and, after graduating, become a professional dancer and choreographer. He particularly wants to choreograph music videos and bring Aboriginal dance into mainstream music.



ROSE

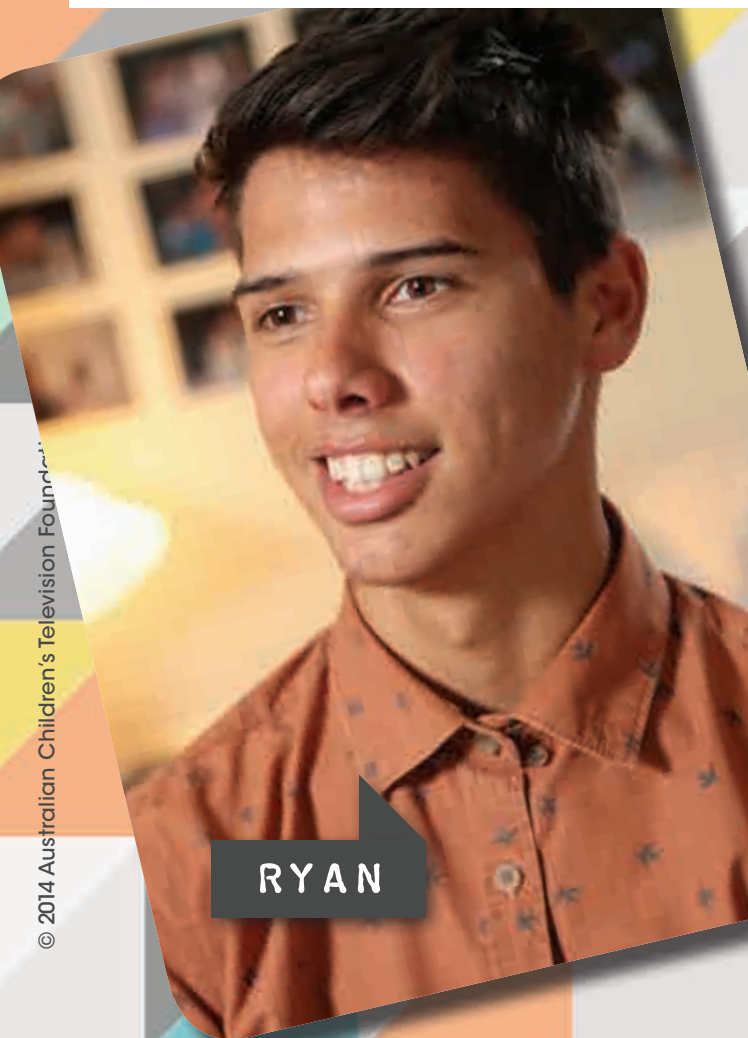
Rose was once an average Sydney kid with little responsibility but at the age of eight her mother developed a spinal nerve condition that resulted in paralysis. Rose suddenly had to manage the household and take on other new adult responsibilities. To go from "cared for" to "carer", required her to grow up fast.

Rose is now a confident 13 year old with a great sense of humour. She takes flute lessons and enjoys public speaking, acting and dancing. She is a member of the School Representative Council and the debating team and is an ambassador for Australian Kookaburra Kids, a foundation that provides respite and support for kids who live in families affected by mental health issues.

Her mum says that sometimes Rose acts as though she's 22, at other times as though she's 2. Rose agrees and says she understands adult concepts but is capable of throwing tantrums just like most kids of her age. This very self-aware teen knows her flaws and happily admits that although she's generally organised, her room always looks like a bomb's hit it, despite her grandma's threats about cutting her out of the will.

Rose's mum now has regular carers but Rose still helps to cook, look after her eight-year-old sister, go to the market each week with her mum's friend to shop for fruit and vegetables, and she assist her mum to dress and undress during visits to the swimming pool.

She very much wants to become an English teacher or look after young carers who have problems at home similar to those she has experienced.



RYAN



SARAI

Before her MY:24, Sarai was an ordinary young girl from rural Queensland. She went to the local private school, did karate, sang in the choir, loved dressing up in the period-style costumes that her mum would meticulously make and spent a lot of time at home with family and their pets.

Then, as a result of the extensive flooding in her state, Sarai came face to face with the agonising prospect of losing her home and everything in it including the pets.

But amidst the hardship and loss that she suffered, Sarai has discovered a personal truth: you don't have to be ruled by the tragedies that happen to you. She is now much better at taking life in her stride and rolling with the punches and is more heavily involved in her community and has stronger, closer relationships with family and friends than at any other time in her life.

She has also developed even more respect for her mum who has physically helped the community effort to gather supplies of emergency clothing and furniture and the rebuilding of 28 of the 99 local homes that were destroyed in the floods.

Sarai is involved in the St Vincent de Paul's Buddy Day camps that brings kids together for challenging physical activities as a way of building confidence, the Ipswich Youth Advisory Council and the Youth Advisory Group of Cyber Safety. Recently she attended a Mad Hatter's Tea Party – dressed in a brand new costume – to raise money for mental health research.

A keen drawer and bookworm, she is considering pursuing a career as a journalist or a graphic designer but she's open to the future.

Harry was a regular Melbourne kid with a love of video games when his baby sister Millie was born three months prematurely and was later diagnosed with Down syndrome.

He is now an adoring older brother who gets his satisfaction, not from the solo pursuits of sitting upstairs in front of his computer, but from being downstairs engaging with his family and playing with and helping to care for Millie. There's a lot to do: feeding her, changing nappies, providing entertainment and making her laugh.

The wonderful new addition to the family has largely shaped Harry's future goals and aspirations: he now wants to become a teacher working with kids with disabilities and help to educate people about what it's like to have a sibling with Down syndrome or other illness or genetic disorder.



HARRY

At just five years old, Melbourne-based Dominic was shown a magic trick by his granddad that inspired and amazed him: a magic trick. But by the time he got to high school, Dom was hiding the magic skills he learned in the ensuing years for fear of being labelled as different and not being able to fit in.

His MY:24 happened when he was a 15-year-old, and his mentors Tim and Tam gave him his first paid gig as a magician. His success on the night made him realise that his magic performances were a big and important part of who he was – and they were worth sharing.

Now a charismatic performer, Dom lives and breathes the mystery and wonder that is professional magic. He became a member of the Australian Institute of Magic at the age of 19, has been crowned Australian Junior Champion of Magic and co-produces a monthly magic night in Melbourne.

Dom's specialty is close-up magic tricks that involve sleight of hand, cards, coins and so on. He performs at weddings and parties and in professional stage shows. The future for Dom is bright because he's found a comfortable place for himself in the world and because he's in possession of a secret technique that few can claim.



TESS

When Sydney-based Tess was 14 years of age she won the APEX Teenage Fashion Awards for her wearable art piece: a pom-pom dress that she made from 1784 individually-constructed pom-poms and hula-hoops. It was her MY:24.

She knew how to make pom-poms but had entered the competition with limited sewing skills – making a pillowcase at the age of 13 was the only item she had previously made and it was part of a school project. The youngest entrant in the category, Tess was shocked when she won but also very inspired to keep imagining and creating amazing wearable art.

The days when Tess used to think of craft and sewing as just a bit of fun are long gone. She is now approaching it as if it was a full-time gig and is often up until 3am working on projects.

Tess recently graduated from high school and hopes to study costume design at the National Institute of Dramatic Art or some other reputable institution. She'd love to continue making wearable art and go on to create costumes for the film industry. She's inspired by the work of Australian production designer (and producer) Catherine Martin of *The Great Gatsby* and *Moulin Rouge* fame.



DOM



MADISON

Madison practically grew up on the ocean. Because of her parents' love of boats and sailing, she spent her first few years living at sea and the ocean was her second home.

Madison's MY:24 came when she went on a night dive with her Dad at a reef they'd visited many times previously. She was 14 years of age and was absolutely shocked to only see one shark, a dramatic decline compared to a year earlier when she had swum among a colony of hundreds of these sleek sea creatures.

This experience was Madison's "wake up call": overnight she went from shark admirer to shark conservationist and – to add weight to her cause – serious filmmaker. Her "shark girl" nickname suddenly began to carry more weight.

Madison is currently working on one of the vessels owned by the Sea Shepherd Conservation Society and expects her life to always involve conservation, activism and travel – when at home in Australia, her base is Byron Bay with her dad.

Madison's passionate and occasionally idealistic activism has matured. She is now a politically-savvy campaigner but her aims remain the same: to better protect sharks by lobbying to change the laws about legal shark fishing in marine parks and to educate the public about how amazing the much maligned shark really is.

Tyrone used to be an angry, alienated kid who found it was easier to spend time on the streets getting into trouble than to behave. That all changed when he was offered a full scholarship at a prestigious private school. That day was his MY:24.

Melbourne Grammar, with the support of his adopted family and his mum and dad, didn't just give him a foothold into the world of elite sport but also gave him an education, confidence, the skills to build a life of hope and achievement.

Tyrone was also encouraged to reconnect with his indigenous heritage and he is now a confident, laid back young man, no longer caught between his black/white parenthood – and with the Aboriginal flag tattooed on his arm and the symbol of the Gubbi Gubbi and Bindal people on his chest.

With the help of a scholarship Tyrone is studying sociology at university and has a cadetship as a social worker at the Department of Veteran's Affairs.

He hopes he can give people like himself the skills to aim high from an early age but his own future is yet to be written especially as sport remains a big motivator, despite two knee reconstructions and heart surgery. He is interested in leadership and is well aware of how much has to be done to break down negative stereotypes about indigenous people.



TYRONE

TEACHING AND LEARNING ACTIVITIES

The ACTF's MY:24 Study Guide – English has been developed to support teachers to use the MY:24 series in the classroom. The Guide uses episodes from the series as a stimulus to focus on developing students' skills as storytellers. The Guide provides strategies to engage students in the creation of their own narratives, observing the way in which each narrative unfolds in MY:24 and harnessing the unique and compelling aspects of the series. Download the FREE Guide from the ACTF website.

01	Themes Episode: Jake	05
02	Connecting to Text Episode: Dave	07
03	Audience and Purpose Episode: Lyndsey	09
04	Narratives - Storytelling Episode: Romy	11
05	Narratives - Structure Episode: Crystal	13
06	Structure - Storyboarding Episode: Madison	15
07	Synthesizing Episode: Rida	17
08	Narration Episode: Lucas	19
09	Design Episode: Harry	21
10	Exploring Current Cultural Viewpoints Episode: Fablice	23

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TEACHING AND LEARNING ACTIVITIES

The ACTF's MY:24 Study Guide – Health and Physical Education provides teachers with strategies to use in the classroom with a focus on resilience and decision making. These strategies have been designed to support students in the development of knowledge, skills and dispositions that will reinforce their sense of self, and support them in building and managing satisfying relationships. The Guide encourages students to think about their own health, safety and wellbeing, and promotes their participation in physical activity. Download the FREE Guide from the ACTF website.

01	Benefits of Sport and Recreation Episode: Jake	05
02	Healthy Body: Healthy Mind Episode: Dave	06
03	Growing Self Esteem Episode: Crystal	07
04	Making a Difference through Sport and Recreation Episode: Madison	08
05	Community Engagement Episode: Tyrone	09
06	Life Skills Episode: Mickey	10
07	Disability: Sport and Recreation Episode: Coen	11
08	Positive Relationships Episode: Harry	12
09	Ethical Thinking Episode: Sam	13
10	Positive Sense of Self Episode: Makhala	14
11	Dance Culture Episode: Ryan	15

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TEACHING AND LEARNING ACTIVITIES

01	Identity and Values Episode: Rida	05
02	Active Citizenship and Sustainability Episode: Madison	07
03	Overgeneralisations and ATSI Perspectives on Identity Episode: Tyrone	09
04	Refugees, Media Influence on Political Process and Global Interconnectedness Episode: Fablice	11
05	Multicultural Expressions of Identity and Values Episode: Fablice And G-Storm	13
06	Bushfires, People And Place Episode: Romy	15
07	Local Indigenous Communities and ATSI Perspectives on Identity Episode: Ryan	17
08	Australia's Engagement with Asia, Economics and Business Episode: Andy	19

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