

Good morning Megan

I have just watched your interview on ABC with Phillipa McDonald.

Please consider introducing mandatory subjects at Primary School of self help life skills, self respect, resilience and yoga in to help our beautiful children cope with the challenges of life before they reach secondary schools and teenage years, our children are falling through the cracks at a young age - prevention is better than cure.

I am not a practitioner or even a parent but I am the auntie of 5 beautiful nephews and 2 beautiful nieces (5 under 8 years of age) and I am truly concerned that many of our young people don't have sufficient life skills to cope in our very demanding life and diverse society.

I am 54 years of age 1st generation Australian of Italian parents and was subjected to racial abuse right through primary and secondary school which left me scared for life, this is not a unique story I know but I understand the effects this has had on me as a child and as an adult. As an adult i have read many self help books and undertaken yoga which has helped me enormously and i believe this will help our children in fact I believe IT IS IMPERATIVE and sooner in life rather than later before damaged is suffered.

I would be so happy to see this implemented for all our beautiful young and vulnerable children.

Thank you