



CASE STUDY

Implementing online and wellbeing support to Build a Better Bondy at Bond University



Background

In the aftermath of [the National Student Safety Surveys 2016](#), Bond University initially subscribed to Consent Matters. From here, they have subscribed to Being Well, Living Well; Responding to Disclosures of Sexual Violence; Tackling Harassment; and International Student Success.

For this case study, we spoke to Kerry Valentine, Bond University's Director of Student Success and Wellbeing, about how Bond have incorporated the Epigeum programmes into their Building a Better Bondy community, alongside their own in-person and online resources.

Implementation

Building a Better Bondy is a community hosted on Blackboard designed to support and guide Bond students through their university lives and any issues they may encounter. Kerry describes how, when implementing the programmes, 'what I wanted to do was establish a community for all students where they could go and be self-directed in their access and their learning'. Bond's self-developed modules cover topics such as eating better and res life, and Epigeum programmes' integration was seamless within this community.

Word of mouth is the most effective means of getting students to undertake these modules. Bond does, however, utilise various other mediums to promote Building a Better Bondy. Promotions are put on Digi screens, and the wellbeing team is present at orientation and other events, in addition to hosting regular wellness events. The team also created goodie bags with practical items such as cardholders. Kerry noted that student testimonials

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had been a key factor in getting other students to undertake the modules and described leveraging their 'relationships with the different student groups across the university' to put content on social media pages and in newsletters.



Efficacy

Kerry described how the courses 'provide a central focus point of what we aspire towards' and that they have 'the potential to change a life just by being there'. She highlighted how International Student Success supported 'a very specific need at a very specific point in time' when international students faced a lot of uncertainty during the pandemic. International Student Success has been particularly beneficial in a post-pandemic world as international students returned with more anxiety than the average student.

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Kerry also stressed the 'need to be sensitive to the current generation of women and the way they're processing' the discussion and changes in Australian culture around harassment and sexual violence.

In light of this, she noted how Responding to Disclosures of Sexual Violence uses 'a very well scaffolded approach that really takes away a lot of the fear factor' and the 'informative and insightful approach' both Consent Matters and Tackling Harassment take to complex topics.



A particular highlight for her was the reduction of attributes and unconscious bias through the use of stick figures, allowing learners to 'look at the issue of harassment, what it looks like, and the shape it can take' rather than focusing on groups and subgroups.



Future

Looking to the future, Kerry discussed the need for long-term use of the programmes. 'To me,' she said, 'this is a long game when we talk about a cultural shift,' adding that 'the three-year commitment had a lot to do with building ongoing awareness'.

She discussed the complex nature of seeking a cultural change and what that means in terms of incidents and reporting; the number of reports of incidents may rise because more people are educated on harassment and bystander intervention and know what to do before numbers begin to drop. 'It takes time,' Kerry said, 'to entrench this understanding into the thinking and general habits of your students'.

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As more students return to campus in the wake of COVID, international and domestic students may struggle to adjust to university life and exhibit some antisocial behaviour. These programmes, and the Building a Better Bondy community, provide invaluable support to Bond University's students, which is critical to their success and wellbeing at the university and beyond.

Get in touch with our sales team to find out more about the courses available under our Support & Wellbeing strand, including more information on how they can work together as a bundle.

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