



## TOXIC ACHIEVEMENT Culture



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**There is nothing wrong with having ambition, but it's crucial to ensure that this desire doesn't push our young people into a toxic cycle of achievement and make them feel that they must achieve in order to matter.** The relentless drive to excel is leading many students to prioritise accolades over genuine learning and personal growth, often at the expense of their own wellbeing and interpersonal relationships. As adult carers, we need to advocate for a more balanced and holistic approach to achievement, emphasising the importance of resilience, wellbeing, and the pursuit of diverse interests.

Click on the image below to begin watching the video



Or follow this link [https://thac.nsw.schooltv.me/wellbeing\\_news/special-report-toxic-achievement-culture](https://thac.nsw.schooltv.me/wellbeing_news/special-report-toxic-achievement-culture) to the topic in SchoolTV

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