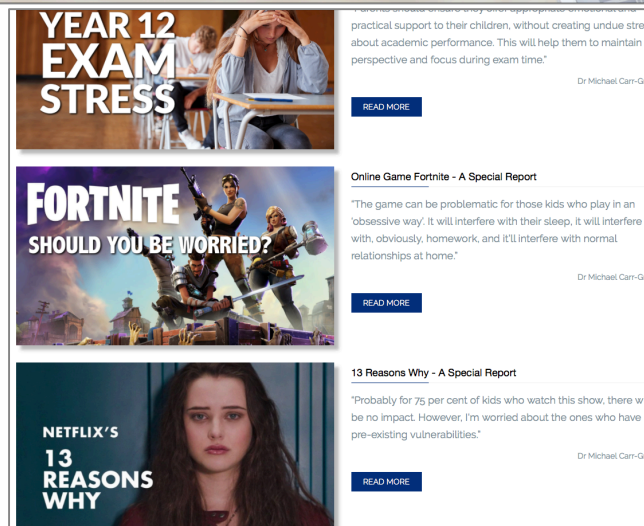
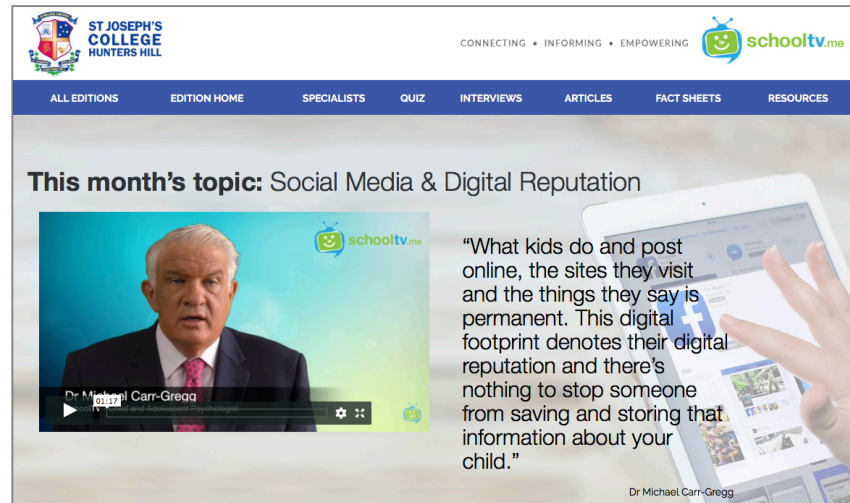


Enhancing the Wellbeing and Resilience of Young People

SchoolTV

SchoolTV is a new resource available to the College Community. Parents are able to access at this link <https://joeys.schooltv.me>. It does not require a login.



YEAR 12 EXAM STRESS
practical support to their children, without creating undue stress about academic performance. This will help them to maintain perspective and focus during exam time."
Dr Michael Carr-Gregg
[READ MORE](#)

FORTNITE SHOULD YOU BE WORRIED?
"The game can be problematic for those kids who play in an 'obsessive way'. It will interfere with their sleep, it will interfere with, obviously, homework, and it'll interfere with normal relationships at home."
Dr Michael Carr-Gregg
[READ MORE](#)

NETFLIX'S 13 REASONS WHY
"Probably for 75 per cent of kids who watch this show, there will be no impact. However, I'm worried about the ones who have pre-existing vulnerabilities."
Dr Michael Carr-Gregg
[READ MORE](#)

The platform addresses a major topic with expert interviews, fact sheets, parent quiz, recommended apps, books and much more. SchoolTV aggregates information from many great resources such as BeyondBlue and ReachOut, amongst others. SchoolTV provides a single stream of independent factual information that saves parents time and confusion of searching online across multiple sites for information. SchoolTV provides 10 new editions annually from February to November. Many of Australia's leading experts in youth wellbeing have contributed to SchoolTV. Professor Ian Hickie (Brain & Mind Centre), Professor Pat McGorry (Orygen), Dr Elizabeth Scott (Headspace), Susan McLean (Cyber Safety Solutions) and Lesley Podesta (Alannah & Madeline Foundation) are some of the experts featured on the site.



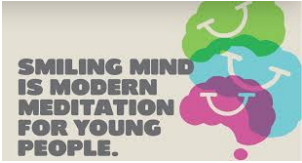

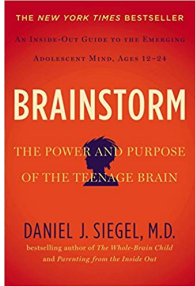
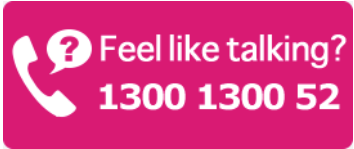


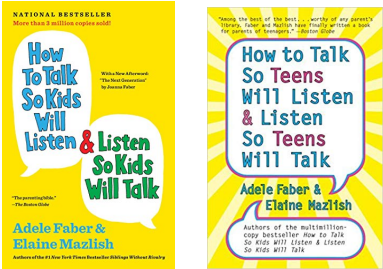



Strategies to use at Home



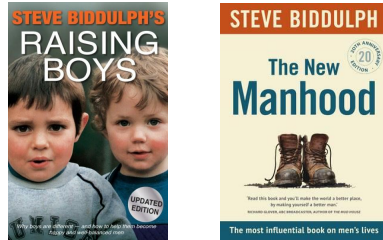



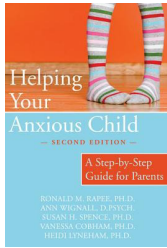





- Educate yourself about worry and sadness (or anxiety and depression), as well as the adolescent brain and development
- Monitor any behavioural or emotional changes in your young person
- Prioritise building a stable, connected and satisfying relationship between you and your young person
- Be both physically and emotionally available so your young person can approach you when needed
- Keep the home environment as calm as possible
- Empower your young person as they develop independence and personal control
- Maintain healthy discipline and boundaries as this provides security for young people- have family rules that are clear
- Empathically listen to your young person talk about their day to day experiences
- Validate their emotions and accept that their experiences are uniquely personal
- Emphasise that your young person needs to help themselves and take ownership of their feelings, it is not something that you or someone else can do for them, but that you will be there beside them
- Encourage your young person to use the emotional regulation skills rather than solely rely on you for reassurance
- Problem solve together if your young person encounters difficulties rather than just provide solutions
- Model healthy coping strategies in response to your own stress
- Share with them (as developmentally appropriate) your own and others experiences of managing emotions, and what you have found helpful
- Encourage engagement with school and social activities
- Encourage your young person to have a go at new things and learn new skills/behaviour
- Use other people's stories to emphasise that everyone goes through difficult times and practical ways of overcoming hardship- spirituality, self talk, challenging thoughts, self awareness
- Easy strategies to implement at home include- mood measures, routines/traditions, mindfulness and downtime

Enhancing the Wellbeing and Resilience of Young People

Resources

Apps	Websites	Books	Other
<p>Smiling Mind</p> 	<p>The Brave Program https://brave4you.psy.uq.edu.au/</p> 	<p>Brainstorm- Dan Siegel</p> 	<p>ParentLine</p> <p>1300 1300 52</p> 
<p>Stop, Breathe and Think</p> 	<p>raisingchildren.net.au</p> 	<p>How to Talk so Kids Will Listen and How to Listen So Kids Will Talk and the Teens version- Adele Faber and Elaine Mazlish</p> 	<p>Tuning in to Teens- parenting program (often delivered at Headspace Chatswood and Brookvale)</p> 

Enhancing the Wellbeing and Resilience of Young People

<p>ReachOut- Worry Time</p> 	<p>Office of the eSafety Commissioner https://esafety.gov.au/education-resources/iparent</p> 	<p>Raising Boys and The New Manhood- Steve Biddulph</p> 	<p>Chilled Out- group program Macquarie University https://www.mq.edu.au</p> 
<p>Relax Melodies</p> 	<p>Anxiety BC https://www.anxietybc.com/parenting/parent-child</p> 	<p>Helping Your Anxious Child- Ronald Rapee (for parents of younger children)</p> 	<p>All in the Mind- ABC Radio National podcast</p> 
<p>Moods</p> 	<p>Headspace- Australian National Youth Mental Health Foundation</p> 	<p>The Happiness Trap- Russ Harris</p> 	<p>ReachOut- Parent Coaching (parents of 12-18 year olds)</p> 

Enhancing the Wellbeing and Resilience of Young People

<p>Headspace</p> 	<p>The Fathering Project</p> 	<p>Mindfulness for Teen Anger- Mark Purcell and Jason Murphy</p> 	<p>NSW Mental Health Line</p> <p>1800 011 511</p> 
<p>Headgear- for male older adolescents and adults</p> 	<p>Glen Gerreyn- youtube channel https://www.youtube.com/user/glengerreyn</p> 	<p>Flourish- Martin Seligman</p> 	<p>University of Sydney- Parent Works (parents of 2-16 year olds)</p> <p>https://parentworks.org.au/#/</p> <p>Managing challenging behaviours and increasing confidence in parenting.</p> 