

Using ReachOut.com/Parents to support your school community

In this document you will find newsletter articles that can be used throughout the year. By communicating the availability of ReachOut.com/Parents to your school community, you will:

- ▶ engage the parent community in student wellbeing
- ▶ inform your parent community about the importance of their young person's mental health
- ▶ offer parents practical strategies and tips to support them in raising healthy, happy children
- ▶ guide parents to further information on mental health and wellbeing issues.

Contents

About ReachOut.com/Parents	2
Introducing ReachOut.com/Parents	2
Term 1	3
Back to school	3
All about bullying	3
Teach your teenager to be independent	3
Term 2	4
Technology and teenagers	4
Personal identity and self-discovery	4
Knowing the difference between a bad mood and depression	4
Term 3	5
All about being anxious	5
Are exams stressing out your teenager?	5
Peer pressure and teenagers	5
Term 4	6
Helping teenagers embrace failure	6
Self-esteem and teenagers	6
Wellbeing for the whole family	6



ReachOut Australia

Suite 2.04, Building B, 35 Saunders Street, Pyrmont NSW 2009

T: +61 2 8029 7777 • E: info@reachout.com • W: ReachOut.com/about

ABN: 27 075 428 787 • DGR: 442 641

About ReachOut.com/Parents

Introducing ReachOut.com/Parents

[SHORT]

When a parent recognises a teenager needs help, they're more likely to get it. That's why ReachOut Australia – the country's leading online mental health organisation for young people – has introduced a free new service to help parents help teenagers.

[LONG]

When a parent recognises a teenager needs help, they're more likely to get it. That's why ReachOut Australia – the country's leading online mental health organisation for young people – has introduced a free new service to help parents help teenagers.

Free and available 24/7, [ReachOut.com/Parents](https://reachout.com/parents) provides evidence-based practical support and tips that encourage effective communication and relationships between parents and young people aged 12–18 years, as well as easy-to-read information on a range of mental health and wellbeing issues.

The service features more than 140 fact sheets, stories, practical tips and tools, and also provides access to an online community forum so that parents can connect with each other to share experiences in an anonymous, supportive space.

Term 1

Back to school

Starting a new school, changing classes, finding new friends and meeting new teachers can be overwhelming for young people as a new school-year begins. Friendships are particularly important to teenagers for many reasons – from having a support network to feeling a sense of belonging and acceptance. As a parent, taking time to help your child build and nurture strong friendships will alleviate some of the difficulties faced during this period. [Read more](#) about how you can help your teenager build positive friendships through this time.

All about bullying

Around [1 in 4 Australian students](#) say that they have experienced bullying at some point. It's therefore crucial that schools take steps to create safer environments for students. However, as parents it is also possible to take action against bullying. It is important to know what bullying is, why people bully and how to recognise bullying. Teaching your child how to handle bullying and the importance of empathy and positive relationships comprise preventative measure to ensure bullying does not arise. [Learn how](#) to recognise that your child is being bullied and find out how you can help them.

Teach your teenager to be independent

The teenage years are when students begin mastering skills that enable them to be independent. The whole school community is responsible for encouraging this independence, while also ensuring that students are supported and remain safe. While some teenagers crave freedom and independence, others need a little push to become confident and self-motivated. Regardless of which best describes your teenager, you can assist them to develop this this independence while also finding the balance between freedom and safety. [Find out how](#).

Term 2

Technology and teenagers

For many teenagers, technology and the internet make up a large part of their day. It can often be hard to understand why teenagers use technology and what they are using it for. Similarly, it's hard to know what constitutes normal technology use. [Learn more](#) about how teenagers use technology, what responsible use looks like, and when there might be problems with how your child is spending their time online.

Personal identity and self-discovery

The teenage years can be filled with self-discovery, as teenagers try to figure out who they are as a young adult. While this is a common part of growing up, it can also be a very confusing time for young people and their parents and carers. While young people are discovering their sexuality and gender identity, it is important that they have information and support through this ever-changing process. [Learn more](#) about identity, sexuality and gender, and find out how to offer your support during this process.

Knowing the difference between a bad mood and depression

Teenagers can be moody from time to time. But as parents it can be difficult to know when bad moods are a sign of depression. Statistics show that [1 in 16 young people](#) aged between 16 and 24 experience depression at any one time. [Find out what to look for](#) if you think your teenager is experiencing depression.

Term 3

All about being anxious

Statistics show that anxiety disorders are very common for young people aged between 16 and 25. In fact, 1 in 5 young women and 1 in 10 young men experience anxiety to an extent that interferes with their everyday life. As parents it can be difficult to recognise the signs and symptoms and when to take action. [Learn more about anxiety](#), and how to determine if it is an issue for your child.

Are exams stressing out your teenager?

With the prospect of exams and assignments coming up, your child may be feeling the pressure of study and school more intensely. While it is normal for young people to feel stressed out from time to time, some teenagers can experience higher levels of stress than others. This can lead to feeling nervous, anxious or overwhelmed. If you're worried that your child is under a lot of stress and it's affecting their everyday life, [find out about what you can do to help](#).

Peer pressure and teenagers

It is normal and healthy for young people to focus more on their relationships with peers than with their family; and one of the concerns your teenager may have is how to fit in among their social circle. Peer groups play an important role in shaping young people's lives and can often influence how an individual thinks and acts. For some teenagers, the thought of not fitting in can be overwhelming. [You can help by encouraging your teenager to develop their own individuality](#) and by teaching them to recognise the effects of peer pressure.

Term 4

Helping teenagers embrace failure

Failure is often something that's frowned upon. But the truth is we all fail at some things some times. It's often the best way to learn. It's important to teach children not to fear failing. Fear of failure can be crippling, and lead to avoiding challenging tasks and taking away our motivation and our desire to achieve. [Teach your child](#) about the differences between growth and fixed mindsets, and how this can help them deal with setbacks.

Self-esteem and teenagers

School is a key time when many teenagers develop their sense of self. While it can be normal for a young person to lack confidence, this can become concerning when teenagers view themselves as unable or unworthy. Teenagers who are comfortable in themselves are more likely to have high self-esteem and stronger mental fitness. Learn how to [recognise the signs](#) of low self-esteem and how to work with your teenager to build their self-esteem.

Wellbeing for the whole family

Developing a strong sense of wellbeing is an important part of being healthy, happy and getting the most out of life. It can help teenagers manage the challenges of the developmental years and be a protective factor against mental illness. Wellbeing is important for your whole family to develop and is something you can work on together. [Check out these practical tips](#) to increase the wellbeing of your whole family.