



Wellbeing Resources for High School parents

During adolescence, there is a shift towards independence and an increased focus on the importance of peer relationships. These factors can bring about challenges for parents, as we attempt to continue implement boundaries and family rules. To support you to navigate this time, we have a team of committed staff members and we encourage you to contact them with your concerns and queries:

Your child's tutor

Head of Year:

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Head of House:

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Director of Counselling Services: Joseph Degeling counsellors@igssyd.nsw.edu.au

Head of High School: Anthony Dennehy anthonyd@igssyd.nsw.edu.au

Topic	Resources Title	Source
Bullying	Teenage bullying: what to look for and how to help	https://raisingchildren.net.au/teens/school-education-work/bullying-school/teen-bullying
	Cyberbullying: what is it and how to avoid it	https://raisingchildren.net.au/teens/school-education-work/bullying-school/about-cyberbullying
Self-harm	Self-harm guide for parents	http://resources.beyondblue.org.au/prism/file?token=BL/1188
	Mythbuster: Suicidal ideation	https://headspace.org.au/assets/download-cards/suicidal-ideation-mythbusterv2.pdf
	Have the conversation	https://www.beyondblue.org.au/get-support/have-the-conversation/talking-to-a-young-person
	Mythbuster: Sorting fact from fiction	https://www.beyondblue.org.au/get-support/have-the-conversation/talking-to-a-young-person
Sleep	Mythbuster: Sleep and young people	https://headspace.org.au/assets/download-cards/HSP032-MythBuster-Sleep-and-Young-People-RGB-FA04.pdf
	Sleep fact sheet	https://headspace.org.au/assets/download-cards/18e-Sleep-headspace-fact-sheet-WEB.pdf
Alcohol and drug use	Hosting a party for teenagers	https://studentwellbeinghub.edu.au/parents/resources/hosting-a-party-for-teenagers/
	Talking to your kids about alcohol and drugs - booklet	https://cdn.adf.org.au/media/documents/1511_TOTbooklet_FINAL.pdf
	Alcohol and the developing brain	https://studentwellbeinghub.edu.au/parents/resources/darta-alcohol-and-the-developing-brain/
	Information on how to respond to teenage drug use	https://drugfree.org/

Recommended Books and Resources

The resources are available online and at bookstores, they come highly recommended from our wellbeing team

Behaviour management	The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children	By Ross W Greene
	How to talk so Kids will Listen and to Listen so Kids will Talk	By Adele Faber & Elaine Mazlish
	The Teenage Brain	By Frances Jensen
Emotional wellbeing	Raising an Emotionally Intelligent Child	By John Gottman
	Helping your Anxious Child: A Step by Step Guide for Parents	By Ronald Rupee, Ann Wignall, Susan Spence, Vanessa Cobham & Heide Lyneham
	Parenting from the Inside Out: How A Deeper Self-Understanding Can Help You Raise Children Who Thrive	By Daniel Siegel
Parenting programs	To locate parenting programs near you, please visit: http://www.resourcingparents.nsw.gov.au/	
	Parent Works – online parenting program (free) https://parentworks.org.au/	University of Sydney