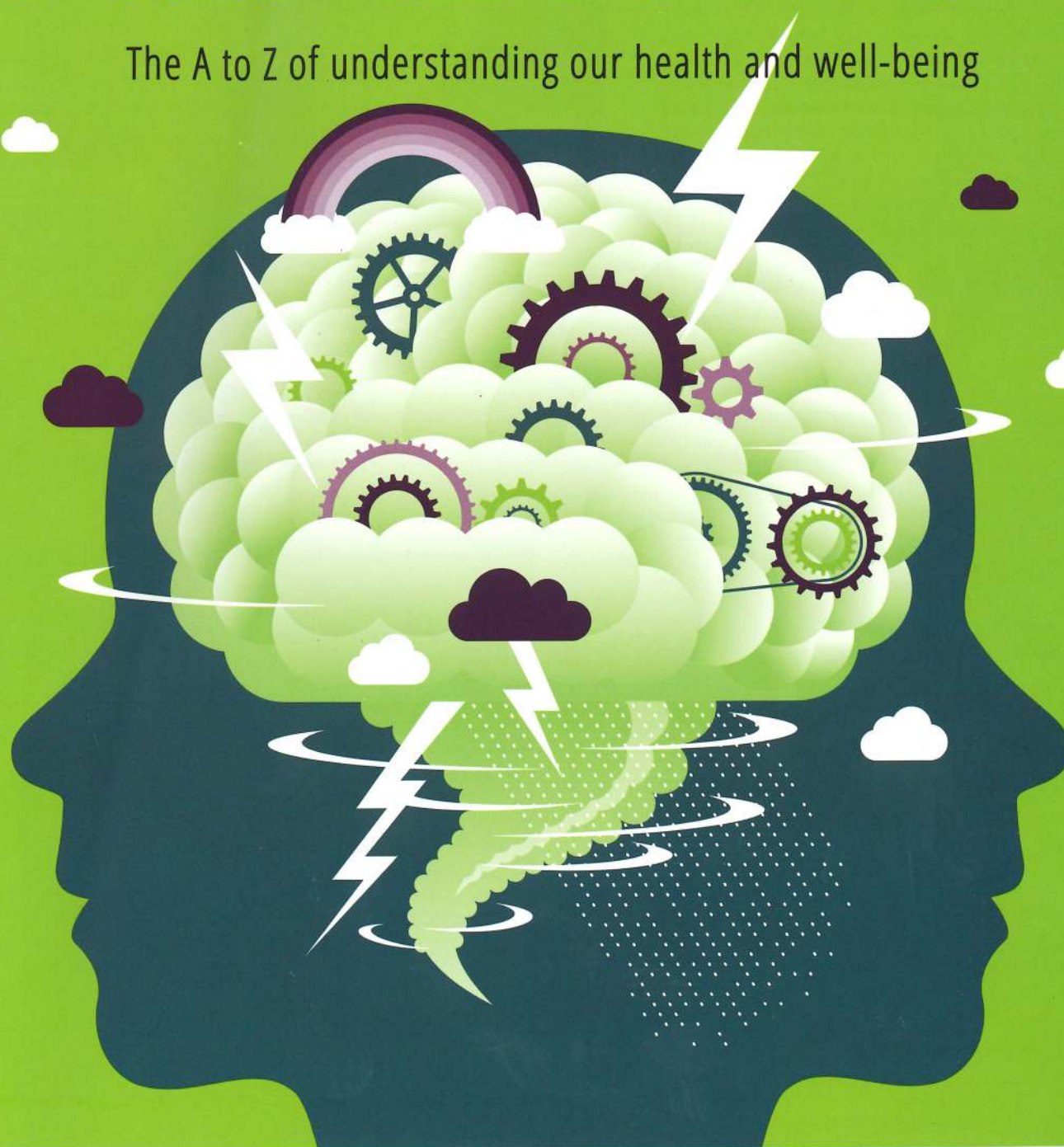


Parent resource // Let's have a conversation

2019

# MENTAL HEALTH 101

The A to Z of understanding our health and well-being



[parentguides.com.au](http://parentguides.com.au) // a not-for-profit organisation



## From the Editor // Eileen Berry

**Y**oung people have never had so many communication tools, yet communicating with them is as tricky as ever. For parents and carers, the cyber age provides enormous opportunities but also brings many challenges.

"Technology is changing how we all communicate and forcing institutions to be more transparent, inclusive, dynamic and personalised. Trust has shifted from institutions back to individuals, reversing the historical trend with profound implications for society.

"At the same time, trust and influence grow among family, friends, classmates, colleagues and even strangers. No longer is the 'top down' influence of elites, authorities and institutions a given. That is why Parent Guides are so important in creating trust, credibility and confidence in families and has spent the past four years building capacity and collaborators.

"We want to encourage open and honest conversations between parents, carers and young people on topics such as drugs, sex, mental health, social media, respect, gambling and gaming. Our guides aim to empower adults with information and strategies to help guide these important discussions.

"With *Mental Health 101*, we discovered that suicide, anxiety, depression, ADHD, self-harm, eating disorders and other mental illnesses are all taking a terrible toll on our young people. It's time we listened."



"It has been great to work collaboratively with Parent Guides to develop these resources ... and it is great to be able to give our families concrete relevant information to walk out with after a parent information evening."

Kate Major // Director of Wellbeing, Firbank Grammar School

"These resources offer a comprehensive, but effective way to update parents on current issues ... They are visually impressive and complement other information provided to parents ... regarding student wellbeing."

Annabel Coburn // Head of Counselling, Trinity Grammar School

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## // THANK YOU

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## MEDIA RELEASE

April 2019

### Parents must model respectful behaviour

#### Parent Guides “tell it like it is”

With the consequences of bad behaviour and broken relationships in the media spotlight, a new guide aims to help parents and carers to develop in their children a sense of respect.

Melbourne media identity Eileen Berry says many topical issues, such as violence against women and generally abusive behaviour, stem from a lack of respect. She says most people are respectful, but a significant minority do not demonstrate it in public or at home.

“This can result in sexism, racism, violence and other destructive behaviours,” she says.

**RESPECT 101** is the latest in the Parent Guides 101 series. It helps families define respect and encourage it in their children. “**RESPECT 101** identifies what respectful behaviour is, how to turn disrespectful into respectful, how to create life-long relationships and how to embed respect within the culture of adolescence,” Eileen says.

“This can apply at home, in school, in relationships and the community. It is important for parents and carers to model good behaviour and talk to their young people about what is and isn’t appropriate.”

The guide contains statistics, expert advice and case studies to inform and start important conversations between parents and carers and their teenagers. It covers issues such as:

- how adults can be good role models and set the standard;
- how language can be used to demonstrate respect and disrespect for others;
- what schools are doing to engender respect;
- how social media can promote - as well as discourage - respect;
- the importance of respecting different cultures and abilities;
- how to deal with disrespectful situations, such as family violence; and,
- programs and organisations that discourage violence and bullying.

Parenting Guides Ltd, a registered charity, has produced five parenting resources – **DRUGS 101**, **SEX 101**, **SOCIAL MEDIA 101**, **MENTAL HEALTH 101** and **RESPECT 101**. It is also planning **Gambling and Gaming 101**, **Body Image 101**, **Anxiety 101**, **Resilience 101** and **Money 101**.

Parent Guides collaborates with high schools to host parent nights, where a panel of experts from the community discuss their experiences and take questions from the audience – no holds barred. “These nights have provided a useful forum in which parents (and teachers) can learn from others, share ideas and contribute to the debate,” Eileen says. (PTO -J2)

**For more details: Eileen Berry, Parent Guides Founder**

<https://radio.abc.net.au/programitem/peo3AJVMaQ?play=true>