

Schools and Colleges Early Support Service

Parent and carer live webinars

Dear Parents and Carers,

We would like to invite you to attend our webinar series specially tailored for parents and carers of adolescents.

The topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars will cover the following topics:

- How to support your young person with low mood
- Supporting your young person to stay well online
- Anxiety in adolescence
- Emotional based school non-attendance
- Understanding the impact of bullying on a young person's mental health
- Adolescent self-harm
- Weathering the storms of adolescent emotions
- Creating rules and boundaries whilst supporting a healthy relationship with your teen
- Supporting your young person to navigate healthy friendships
- Supporting your young person through exam time
- Understanding the adolescent brain
- Transitioning to Secondary School - supporting your child with the ending and a new beginning
- Supporting your young person with anxiety before they get their exam results

Further details on each webinar are below. To register please click on the relevant Zoom link. After registering, you will receive a confirmation email containing information about joining the meeting.

How to support your young person with low mood

Spring term: Tuesday 13th January 5-6pm. Click [here](#) to register.

Low mood does not just affect adults. Young people can experience low mood too. Common signs of low mood often include sadness that does not go away, feeling irritable all of the time, not being interested in things that used to be enjoyed and feeling tired or exhausted a lot of the time.

This webinar will offer insight into how to spot the signs and symptoms of low mood, providing understanding of why young people are vulnerable to experiencing low mood and evidence-based strategies to support young people.

Anxiety in adolescence

Spring term: Tuesday 21st January 12-1pm. Click [here](#) to register.

It is common to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things; for example, talking to new people, going out with friends, or doing their best in exams.

This webinar focuses on what parents and carers can do to help their young people who are experiencing anxiety. The webinar covers common anxieties during adolescence, such as, exam stress, social anxiety and worries about identity and development. It offers advice on how and when to access support for you and your young person. As well as discussing a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

Emotional based school non-attendance

Spring term: Thursday 29th January 5-6pm. Click [here](#) to register.

Feelings of worry and anxiety are something that everyone experiences from time to time. It is not uncommon for young people to worry about school. For some young people, however, that worry can become so significant that they may have difficulties in attending school.

If your young person has high levels of anxiety and is finding it difficult to attend school, they may be experiencing early emerging school based non-attendance. Early emerging school based non-attendance is a term referring to reduced or non-attendance at school by a young person. Rather than the term 'school refusal', the term recognises that this avoidance has its root in emotional, mental health or wellbeing issues.

This webinar focuses on young people who have early emerging presentations of school based non-attendance. It offers advice on how to support your young person, understand the anxiety cycle of avoidance and suggests practical tips and strategies to help your young person overcome their difficulties.

Transitioning to Secondary School - supporting your young person with the ending and a new beginning

Spring term. Tuesday 3rd February 5-6pm. Click [here](#) to register.

The move from primary school to secondary school can feel both exciting and overwhelming for your young person. This webinar explores ways that you can support your young person during this period of change.

Top tips will be shared to help you to consider the challenges and opportunities that may arise during this transition, how to spot when your young person may be struggling and strategies to help you to support your young person.

Understanding the impact of bullying on a young person's mental health

Spring term: Wednesday 4th February 5-6pm. Click [here](#) to register.

While lots of young people experience bullying, it is an incredibly difficult thing to go through and can have a huge effect on your young person's mental health and wellbeing. As a parent or carer, this may feel very challenging and worrying.

This webinar outlines the different ways in which young people are bullied and discusses how this might impact them day to day. There are also useful and practical strategies to help you support your young person to get through their experience and feel okay again.

Supporting your young person to stay well online

Spring term: Tuesday 10th February 12-1pm. Click [here](#) to register.

Many young people spend time online - this can bring lots of opportunities, but it can also be difficult for young people to know how to stay well when they are online.

This webinar will explore how parents and carers can support their young people to stay well online. We will consider the importance of modelling good online behaviour, boundary setting and the impact of screen time on sleep. We will also offer suggestions around how to support your young people to stay safe online, with signposting for further support if you are concerned.

Adolescent self-harm

Spring term: Thursday 12th February 12-1pm. Click [here](#) to register.

Adolescence brings about many challenges, including insecurity, self-consciousness, anxiety about one's own body, and peer pressure. It is not uncommon for teenagers to engage in some self-harmful behaviour for a period of time, for instance cutting, hair pulling or scratching. Understandably, these behaviours can be very concerning, distressing, and confusing for parents and carers.

This webinar provides an overview of the risk factors and methods of self-harm. It explores the various reasons why young people may self-harm and offers ideas on how parents and carers can talk to and support their young people. It will also discuss instances of self-harmful behaviour that may require professional support.

Weathering the storms of adolescent emotions

Spring term: Tuesday 24th February 5-6pm. Click [here](#) to register.

Adolescence inherently consists of many ‘storms’ that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Young people may grapple with their own identity, social relationships, and a need for autonomy. In turn parents face the challenge of being left out, managing their own reactions to strong adolescent emotions, and finding different ways of connecting with their young people.

This webinar provides an overview of the changes that adolescents go through, why they may experience emotional shifts and how these are linked to processes in the brain. It also offers ideas and advice around how to support young people with their strong feelings.

Creating rules and boundaries whilst supporting a healthy relationship with your teen

Spring term: Tuesday 3rd March 12-1pm. Click [here](#) to register.

Adolescence is a time to explore new limits and take on new challenges. Rules and boundaries are an important part of creating clarity between you and your teenager as you both navigate a time of great change together. It is possible that parents/carers may experience some conflict during this process however having rules and boundaries in place will help teenagers feel safe, confident and promote age-appropriate independence.

This webinar will support you to;

- Understand why adolescents need safe rules and boundaries
- Consider different factors when setting rules and boundaries with your teenager
- Implement strategies to support your teenager when boundaries breakdown
- Support your teenager to manage strong emotions
- Navigate difficult conversations

Supporting your young person to navigate healthy friendships

Spring term: Thursday 5th March 5-6pm. Click [here](#) to register.

During adolescence, friends will become an increasingly important part of our young person's support network, but it can sometimes be hard for young people to know how to maintain healthy friendships, and what to do when difficulties arise.

This webinar explores ways that you can support your young person to develop healthy friendships, including the importance of modelling healthy friendships and active listening. We will also consider the importance of supporting friendship opportunities, and how to help them navigate peer pressure.

Supporting your young person through exam time

Spring term: Thursday 12th March 12-1pm. Click [here](#) to register.

Tests and exams can be a challenging part of school/college life for young people and their parents or carers. Supporting young people through exams is all about reducing stress, optimising wellbeing and putting good study processes in place. Parents/carers play a vital role in helping their young people maintain a positive outlook in the run-up, during and after exams are over.

This webinar will offer advice around communicating with your young person at exam time, help you to spot the signs of stress and offer you strategies to support your young person in managing exam stress in a healthy way.

Understanding the adolescent brain

Spring term: Wednesday 18th March 5-6pm. Click [here](#) to register.

Scientists have discovered that our brains physically change in response to our experiences throughout our lives. Adolescence is a time of significant brain development as young people begin to engage more independently with the world around them.

This webinar provides an insight into the stages of brain development through early childhood, adolescence and into adulthood. It considers how changes in the brain affect the emotions and behaviour of your young person, whilst providing evidence-based strategies to help you understand and support their mental wellbeing.

Supporting your young person with anxiety before they get their exam results

Summer term only. Please find the recorded version [here](#).

Exams and the period leading up to exam results can understandably feel quite stressful for many young people and their families.

This webinar explores ways in which you can support your young person with feelings of anxiety before results day. We offer top tips from our young champions and healthy coping strategies that you can use to support both your own and your young person's mental wellbeing.