



# SUPPORTING YOUR TEENAGER

You thought toddlers were hard

Guidance Officers: Helen Wittman & Jazmin Reyes

# Carer & School Partnership

---



**Teachers**



**Guidance  
Officers**



**YLC  
HOY**



*Spark their Future*



# *When to parent your teenager*

---

Teens need the five pillars of attachment:

1. A sense of felt safety
2. A sense of being seen and known (attunement)
3. The experience of felt comfort (soothing)
4. A sense of being valued (expressed delight)
5. A sense of support for being and becoming one's unique best self.

Teens want to hear about their strengths, potential, and goals. → GUIDANCE



# *Transitions = Changes*

---

Year 6 → Year 7

Primary to junior high school

Year 10 → Year 11

Junior to senior high school

Year 12 → Post school

Work, training, tertiary studies

# Negative physical & mental outcomes

---

- Sharp increases in accidents
- Suicides
- Homicide
- Mental disorders
- Substance use
- Eating disorders
- Sexually transmitted infections
- Unwanted pregnancy



➔ life-long negative trajectories

# Healthy exploration

---

The teenage brain is highly flexible and adaptable. People who can provide key positive & learning experiences are

- Parents
- Trusted adults
- Schools
- Communities



- ➔ experience healthy exploration and learning
- ➔ acquire skills and knowledge, take on new roles and responsibilities that lead to adult capabilities



# *Junior to senior*

---

## School

- Students begin to have more input into the subjects that they study
- TAFE, traineeships and apprenticeships begin to be offered
- Friendships are beginning to stay more stable

## In the community

- More responsibility
- Part time jobs
- Getting their learners
- Attending parties

# Balance

---



At this stage, parents & carers support teens to:

- learn that knowing and recalling information is a crucial life skill
- manage their time
- prioritise their education
- make grown-up decisions (how to allocate time/money)
- balance studies/work/socialising
- maintain healthy self-esteem & body image

Accountability → Reward



# *Senior to post-school life*

---

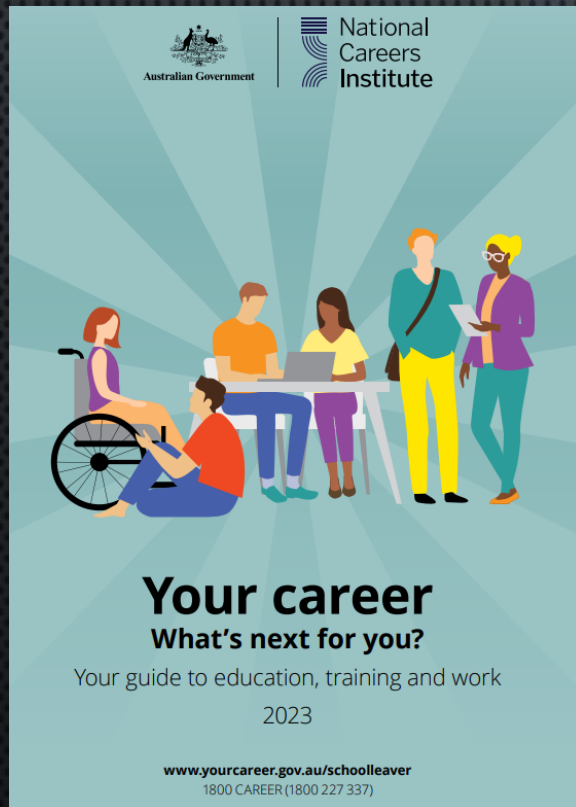
- Gain QCE or ATAR
- Further study
- Move from part time to fulltime work
- Getting their P's
- Moving out of home
- Changing details – applying for houses to rent, new jobs etc

# School Leavers



## **SLIK** School Leavers Information Kit

Detailed options and pathways for students finishing school.



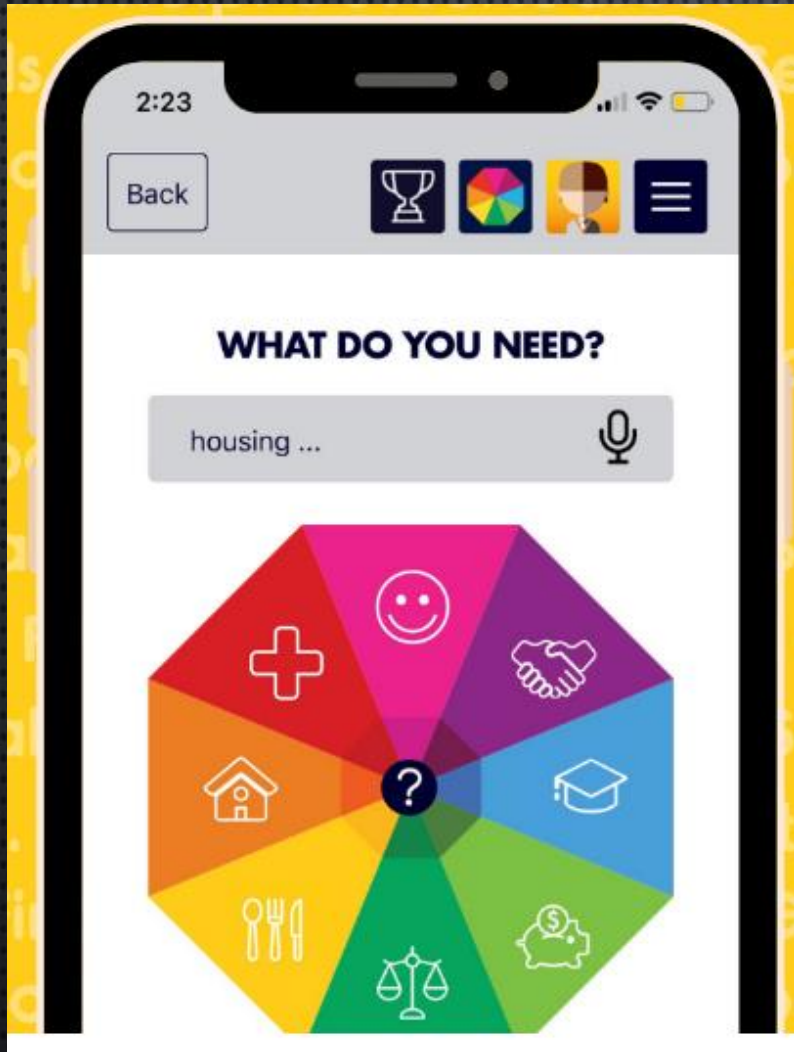
# School Leavers



Parents and Guardians Guide supported by  
School Leavers Webinar Series



# SORTLI app



Identity  
Relationships  
Education &  
Employment  
Money  
Legal  
Life Skills  
A place to live  
Health & Wellbeing

# 6 Tips TO HELP TEENS COPE WITH

# STRESS

Brought to you by the  
Youth Advisory  
Committee of the



## Get Some SLEEP



Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens this means about **8-10 hours each night.**

## Focus on Your STRENGTHS



Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.

## Do Things That Make You HAPPY



**Find activities or hobbies that make you happy** and incorporate them into your daily life.

## Engage in PHYSICAL ACTIVITY



**Exercise takes our mind off stress** and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to downhill bike ride or basketball game with friends.

## Unplug From TECHNOLOGY



**Take some time to reconnect** with yourself and be present in activities taking place around you.

## TALK To Someone



It can be hard to manage stress alone. Talk to someone about your problems and they may be able to help you find **ways to manage your stress.**



<https://headspace.org.au>



Download the  
**Mi Strength App**



SCAN ME



**Partners in Parenting**



**MONASH**  
University



## Is your teenager struggling to attend school due to anxiety, depression or emotional distress?

Be among the first to trial a new online parenting program designed to support parents of teens struggling with school attendance.

[pip-ed.web.app](https://pip-ed.web.app)

Contact:  
[med-pip-ed@monash.edu](mailto:med-pip-ed@monash.edu)



# Mental Health Services and Support

## Beyond Blue

24/7 mental health support service

**1300 22 4636**  
beyondblue.org.au

## headspace

Online support and counselling to young people aged 12 to 25

**1800 650 890**  
(9am to 1am daily)

For webchat, visit:  
[headspace.org.au/](https://headspace.org.au/)  
[eheadspace](https://eheadspace.org.au/)

## Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

**1800 55 1800**  
kidshelpline.com.au

## 1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

**1800 737 732**  
1800respect.org.au

## QLife

LGBTI peer support and referral

**1800 184 527**  
(6pm to 10pm daily)

[qlife.org.au](https://qlife.org.au)  
(online chat 3pm to midnight local time, including over holidays.)

## Lifeline

24/7 crisis support and suicide prevention services

**13 11 14**  
lifeline.org.au

## Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

**1300 659 467**  
suicidecallbackservice.org.au

## Mensline

24/7 counselling service for men

**1300 78 99 78**  
mensline.org.au

## 13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

**13 92 76**  
13yarn.org.au



If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



# Additional resources

What teens need most from their parents

<https://www.wsj.com/articles/what-teens-need-most-from-their-parents-1470765906>

Letting go, staying close

<https://www.gse.harvard.edu/news/uk/15/05/letting-go-staying-close>

Brain Development

Dan Siegel – the adolescent brain

<https://www.youtube.com/watch?v=0O1u5OEc5eY>

Brain development in teenagers

<https://www.youtube.com/watch?v=dISmdb5zfiQ>

Why the teenage brain has an advantage

<https://www.youtube.com/watch?v=P629TojpvDU>

Decision making and the adolescent brain

<https://www.youtube.com/watch?v=kvk4sqNPa4M>