



A WELLBEING RESOURCE

supporting modern-day parenting

St. Peter's College is very excited to announce the launch of Schooltv.me, an exciting interactive resource providing essential information for modern day parenting developed by leading expert Dr Michael Carr-Gegg. Schooltv.me offers parents, guardians and caregivers the latest research and advice on all the critical issues facing our young people.

SchoolTV is available now on the parent SPACE page – with a simple click on the icon located on the parent SPACE page, you will have access to videos, fact sheets, quizzes and other resources including links to a huge range of topics relevant to all families.

Our newsletter and Facebook page will throughout each term highlight special reports and topics that are trending with our young people. Schooltv.me allows us to adapt to the needs of our young people and parents in relation to the ever changing landscape in which we live. Critical topics include school refusal, anxiety, depression, vaping, cyber-bullying, self harm and suicide as well as special reports on COVID, international events including war and natural disasters all which can impact and intrude on the thoughts and concerns of our young people. We now invite you to go to your parent/guardian SPACE page (illustrated below) and open up a world of valuable resources to support you in parenting in the twenty-first century. If you need any support in using this resource please email the College Counsellors and or your campus Deputy Principal.

The screenshot shows the S.P.A.C.E. website interface. On the left is a dark navigation menu with options like 'Parent Services', 'Student Services', and 'Wellbeing'. The top header features icons for 'Classes', 'Timetable', 'Calendar', 'News', 'My Files', and 'Wellbeing'. The main content area includes a 'Good Morning' greeting, 'NEWS HEADLINES' with articles like 'Year 10 Work Experience 2nd to 8th June' and 'Daily Prayer - Friday, 27 May 2022', and a prominent 'A Parent Resource' button with the SchoolTV logo and a 'CLICK HERE' link.



schooltv.me™



Featuring
Dr Michael Carr-Gregg



CONNECTING • INFORMING • EMPOWERING



Essential information for modern day parenting

SchoolTV offers parents a fresh approach to the growing issues and pressures faced by Australian youth. SchoolTV is a unique online resource delivering powerful and credible information to empower parents with the skills to address these issues and raise happy, well and resilient kids.

The purpose of SchoolTV is to provide a single resource for parents, about a specific topic, to streamline reputable information from leading specialists. Content is based around major topics of influence and are delivered via a series of videos presented by leading youth health specialist, Dr Michael Carr-Gregg.

SchoolTV is accessible via mobile, tablet and desktop and is designed especially for Australian schools.

SchoolTV will be presented as a monthly eNewsletter which will be emailed to you from your school and/or accessible via your school's website. Each month a new topic will be presented and introduced by Dr Michael Carr-Gregg.

Some topics will include:

- Youth Anxiety
- Depression
- Digital Reputation
- Screen Addiction
- Drug and Alcohol use
- Cyberbullying
- Social Networking
- Self-harm and Suicide

Credible and independent information presented by leading experts such as Professor Ian Hickie, Professor Pat McGorry and Dr Liz Scott.

Want to know more?

To discuss any issues relating to topics covered by SchoolTV, please contact your school counsellor. To contact SchoolTV, email us at SchoolTV@ondigital.com.au

Snapshot of Young People in Australia

- 99% of young Australians are online
- 75% of parents feel digitally disconnected and concerned about their kids online*
- 1 in 7 children experienced a mental disorder**
- 1 in 3 girls and 25% of boys report being depressed***
- 10% of youth are self-harming*
- 15% of 16-17 year old girls have suicidal ideation, 1 in 13 actually attempted it.

* Young and Well CRC, 2015.

** The 100-year survey of 4300 families - Mental Health of Children & Adolescence Report, 2015.

*** Resilient Youth Report, 2014.