

# 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
- Anxiety in adolescence - how can parents and carers help?
- Emotional based school non-attendance (EBSNA) - practical tips and strategies to support your young person
- Understanding the impact of bullying on a young person's mental health - practical strategies to help you support your young person to get through their experience and feel okay again
- Adolescent self-harm - how to make sense of it and when to seek support
- Supporting your young person through exam time
- Weathering the storms of strong adolescent emotions - do's, don'ts and when to consider talking to someone
- Building resilience, staying connected and nurturing your relationship with your young person
- Understanding the adolescent brain - strategies to help you understand and support young people's mental health and wellbeing
- Supporting your young person to stay well online
- Supporting young people who experience panic
- Managing adolescent behaviour that challenges - tips and tricks
- Supporting your young person to navigate healthy friendships
- 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 14th 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 - how can parents and carers help?

**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 (EBSNA) - practical tips and strategies to support your young person

**Spring term: Thursday 30th January 12-1pm.** 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 EBSNA. school 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 EBSNA 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 EBSNA. 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.

## Understanding the impact of bullying on a young person's mental health - practical strategies to help you support your young person to get through their experience and feel okay again

**Spring term: Tuesday 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.

## Adolescent self-harm - how to make sense of it and when to seek support

**Spring term: Thursday 13th February 5-6pm.** 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.

## Supporting your young person through exam time

**Spring term: Wednesday 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.

## Weathering the storms of strong adolescent emotions - do's, don'ts and when to consider talking to someone

**Spring term: Wednesday 19th 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.

## Building resilience, staying connected and nurturing your relationship with your young person

**Spring term: Tuesday 4th March 12-1pm.** Click [here](#) to register.

Adolescence is a time when self-esteem, strong feelings and growing autonomy naturally affect the relationship between caregiver and young person. This requires parents and caregivers to find new ways of connecting with their young people. Parents and carers may feel left out, worried, and they may experience a sense of loss over the relationship that they used to have with their young person when they were younger.

This webinar offers ideas on how to maintain and build trust with your young person, how to stay connected and how to nurture your relationship with them.

## Understanding the adolescent brain - strategies to help you understand and support young people's mental health and wellbeing

**Spring term: Wednesday 19th 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 to stay well online

**Spring term:** Thursday 16th January 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.

## Supporting young people who experience panic

**Spring term:** Tuesday 25th March 12-1pm. Click [here](#) to register.

Everyone experiences feelings of anxiety and panic at certain times, it's a natural response to stressful or dangerous situations. For lots of young people, panic attacks can appear to start for no reason or without any warning signs. When a young person has a panic attack, it can feel scary and overwhelming but there are ways to stay in control and feel better. This webinar will help you to recognise situations where a young person may experience panic and offer you helpful strategies to support the management and feelings of intense fear and anxiety in a healthier way.

## Managing adolescent behaviour that challenges - tips and tricks

**Spring term:** Thursday 20th March 5-6pm. Click [here](#) to register.

Most adolescents will at some stage in their development engage in behaviour that parents find challenging and worrying, for instance, substance misuse, being overly argumentative and rejecting, oppositional behaviour and excessive social media use. It can become difficult for parents to find ways of discussing their concerns with their young people who may increasingly not want to hear any advice that their parents have to offer.

This webinar provides an overview of adolescent development, including common challenging behaviours during adolescence. It discusses different caregiving styles and offers tips for parents and carers on how to approach and discuss challenging behaviour with young people, and how to set boundaries.

## Supporting your young person to navigate healthy friendships

**Spring term:** Wednesday 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.

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

*Summer term only*

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.

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

*Summer term only*

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.