

Engaging parents of children approaching adolescence

References

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Resources

- Australian Drug Foundation www.adf.org.au
- Raising Children Network raisingchildren.net.au/teens/teens.html
- beyondblue Healthy Families <http://healthyfamilies.beyondblue.org.au/age-13>
- Carr-Gregg, M. and Robinson, E. (2018) *Surviving Adolescents 2.0*. Penguin Life Publishers, Melbourne Victoria

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Emerging Minds online training and resources

Websites

Emerging Minds: National Workforce Centre for Child Mental Health web hub (resources, tools, training, evidence and news for professionals working in the health, social and community sectors)

- www.emergingminds.com.au

Information on parenting teenagers:

- Raising Children Network raisingchildren.net.au/teens/teens.html
- Beyondblue Healthy Families <http://healthyfamilies.beyondblue.org.au/age-13>
- Reach Out for Parents <https://parents.au.reachout.com/>

Information on preventing harm from drug and alcohol use:

- Australian Drug Foundation www.adf.org.au

New national initiative for better mental health in schools:

- BeYou <https://beyou.edu.au/>

Information for young people and their parents about online pornography:

- It's Time We Talked <http://www.itstimewetalked.com.au/>

Limiting internet use:

- Cold Turkey <https://getcoldturkey.com/>

Information hub for evidence, resources and support for professionals working in the child, family and community welfare sector

- CFCA information exchange <https://aifs.gov.au/cfca/>

Information and tools for professionals, parents, children and young people where parents experience mental illness

- www.copmi.net.au

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Books

Surviving Adolescents 2.0 (2018) Michael Carr-Gregg and Elly Robinson. Penguin Random House Australia
<https://www.penguin.com.au/books/surviving-adolescents-20-9780143784661>

Articles/resources

Children who Bully – resources for professionals working with children who engage in bullying behaviours and their parents
<https://aifs.gov.au/cfca/practice-guides#bullying>

Preventing and responding to cyberbullying
<https://aifs.gov.au/cfca/publications/parental-involvement-preventing-and-responding-cyberbullying>

Apps

- Reach Out Breeze
- Reach Out Worry Time
- Calm
- Smiling Mind