



**SUPPORTING
YOUR CHILD IN
SENIOR SCHOOL**

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MINDARIE
SENIOR COLLEGE

Our College is characterised by our Young Adult Ethos, evident by our staff and students:

Pursuing Personal Excellence by:

- setting high expectations and meaningful goals
- persevering when faced with challenges and building resilience
- accessing help and support

Building Positive Relationships by:

- promoting mutual respect and trust
- engaging in teamwork and cooperative learning
- contributing to a productive learning environment

Demonstrating Social Responsibility by:

- behaving ethically
- recognising and supporting the needs of others
- contributing to a sustainable community

The purpose of this document is to provide some useful points of reference for parents to explore as they support their children as young adults.



YOUR STUDENT SERVICES TEAM

The Student Services staff at MSC are a varied team – here to help and assist in the development of sound emotional, physical, spiritual, social, and psychological health.

Our extensive team consists of Year Leaders, Nurse, Chaplain, School Psychologist, Manager Student Services, Attendance Officer, Student Support Officer (plus our therapy doggies!) who can support your young person in various ways, and help place them on the right pathway to receiving optimal care and support. Interventions may involve holding a case conference with relevant stakeholders such as parents/caregivers, College staff/teachers, and/or outside agency professionals. Students may also access individual 1:1 pastoral support sessions.



The final years of secondary schooling can be very stressful and intimidating at times.

If your child needs support whilst at MSC, please do not hesitate to contact your child's mentor teacher, classroom teacher or a member of Student Services. Students can also self-refer by presenting at Student Services and requesting a confidential appointment. Academic support and careers advice are also available at the College.

Working in partnership with our parents, the goal of MSC is to have our students become positive and contributing members of the community, achieving the goals they set.

ABSENCE INFORMATION

We pride ourselves at Mindarie Senior College on providing a welcoming, safe and supportive environment, which in turn encourages our students to attend school.

Attendance data is regularly disseminated to our students through their Mentor. In turn, we rely on your support at home as the first opportunity to promote positive attendance and assist us in forming good attendance habits early. This then means that your child is being offered the very best opportunity to reach their potential.

All attendance updates and notices for your child should be done through Compass. Late arrivals and early sign outs are done through Student Services.

Remember:

- If your child is absent for Periods 1 and 2 this is counted as a ½ day absence
- If your child is absent from Period 3 onwards this is counted as a whole day absence
- If your child signs out during Period 4 or later this is counted as a ½ day absence
- Even if your child has a medical certificate, it's still counted as an absence

The Department of Education guidelines state that students should attend school at least 90% of the time. For more information regarding your child's specific attendance percentage so far, we encourage you to make contact with their mentor teacher.



WAYS TO SUPPORT YOUR CHILD'S ATTENDANCE

- Consider the possible challenges to them attending school – what or who is causing your child to avoid school?
- Seek help from the school as early as possible – Call 6207 5521 with any issues or concerns
- Give clear and consistent messages to your child
- Set clear routines and form good habits early on
- Engage with the school and reinforce our attendance policy
- Be kind, but be firm



ACCESSING HELP TO TRANSITION FROM SCHOOL TO THE WORKPLACE



As Year 11 and 12 are the final two years of high school, it is important for our young people to understand the next steps in their journey after school finishes.

This may be at the end of Year 12; however, some students may opt to finish school slightly earlier.

There are a few ways in which students can do this:

- If they have been offered a full time apprenticeship / traineeship
- If they have obtained full time employment
- If they are accepted into a full time TAFE course

Most importantly, it is ok if your child does not intend to continue until the end of Year 12 as long as they have a viable and positive pathway they would like to pursue.

It is important to discuss with your child what they want to do to ensure they are happy and successful in future life.

You can help your child to access information on future careers through the Mindarie SC website.

If you click on the **'Explore Careers'** tab, it opens up a wealth of information regarding where your child can begin the search for what is next.



OUR COLLEGE CURRENT STUDENTS FUTURE STUDENTS STUDENT SUPPORT PARENTS PAYMENTS COURSES NEWS CONTACT



ENROLMENT



PAYMENTS



COLLEGE TOURS



EXPLORE CAREERS



CALENDAR



BEGIN YOUR ADVENTURE HERE

[JOBS AND SKILLS WA](#)
[SKILLSROAD \(CCIWA\)](#)
[MYFUTURE](#)
[JOB OUTLOOK](#)

APPRENTICESHIPS AND TRAINEESHIPS

[AUSTRALIAN APPRENTICESHIPS](#)

[WA AUSTRALIAN APPRENTICESHIP SUPPORT NETWORKS](#)
[APPRENTICESHIP SUPPORT AUSTRALIA](#)
[BUSYAT WORK](#)
[MEGT \(AUS\) LTD](#)



TAFE (STATE TRAINING PROVIDERS)

TAFE Courses
www.fulltimecourses.tafe.wa.edu.au

NORTH METRO TAFE
www.northmetrotafe.wa.edu.au

SOUTH METRO TAFE
www.southmetrotafe.wa.edu.au

ONLINE APPLICATIONS FOR WA STPS: TRAINING ADMISSIONS ONLINE

UNIVERSITIES

TERTIARY INSTITUTIONS SERVICE CENTRE (TISC)
(www.tisc.edu.au – All information about applying for the four public universities in WA.)

WA UNIVERSITIES – for information about WA universities, see the individual university websites and follow links to Prospective/Future Students.

CURTIN UNIVERSITY
www.curtin.edu.au

EDITH COWAN UNIVERSITY
www.ecu.edu.au

MURDOCH UNIVERSITY
www.murdoch.edu.au



Ways to Help Motivate Your Child

Every student has the potential to improve, reach their personal bests, become more interested in schoolwork and deal more effectively with setbacks and study pressure.

To be a well-rounded student, a child not only needs to be motivated towards their schooling, but also have academic resilience (the ability to bounce back from academic adversity/setbacks).

What goes on in the home can have an enormous impact on your child's motivation. Your influence comes through in a number of ways. For example:

- The extent to which you affirm your child – remember to praise them often, focusing not only on the end result, but also on effort
- Your own belief in the value of education and how you communicate this
- Your home's study conditions – ensure they have adequate time and space
- The amount and type of pressure you place on your child to succeed – careful not to place too much or too little; and try not to compare your child with others
- The goals and expectations you have for your child – are they realistic?

Being motivated to study and do their best in school is also determined by factors such as:

- Having a strong sense of 'self belief' – belief in their ability, that if they put the effort in, they'll do well. Keep a look out for negative thinking traps and try to challenge these thoughts by replacing them with more helpful ways of thinking.
- A strong 'learning focus' – focus on the learning *process* (e.g. improving and developing new knowledge and skills, and achieving personal bests), not just the outcome.
- Belief in the 'value of schooling' – that it is relevant and important
- 'Academic resilience' – e.g. maintaining focus and persistence when they get a bad mark in an assignment

STUDY SKILLS

SETTING UP GOOD STUDY HABITS IS PARAMOUNT TO ACHIEVING SUCCESS

Ensure your child has a well-lit, quiet area, free from distractions to work in. Encourage him/her to create a study timetable and support them with sticking to it. Good planning, time management skills, learning to prioritise, asking for help and setting aside time to relax and also exercise, are all important.

On Wednesdays, the College is open for students to access the library and teachers for help, support, or a quiet space to work.

PREPARING FOR EXAMS

Exams can be stressful, but being prepared can help manage stress and allow students to perform at their best.

Mindarie Senior College uses 'Elevate Education' to provide study skills workshops to ATAR students to help improve their study techniques, increase motivation, build confidence, and lift exam performance.

There are also lots of techniques students can try and resources available on the internet to get the most out of exam study.

Healthy Eating



You can encourage your child's health by ensuring good food choices are in your home. Eating well has several benefits:

- Reduced risk of physical health problems
- Better sleeping patterns and energy levels
- Assisting the body and brain to function well
- Improved general health and wellbeing

Maintaining healthy eating habits

- Regular, nutritional meals and healthy snacks help keep energy and concentration levels high. Skipping meals can lead to headaches, irritability, lack of concentration and behaviour issues
- Top priority is breakfast before school
- Encourage your child to avoid sugary foods and fast food on a regular basis – they are more costly and they have lots of calories, but limited nutritional value
- Junk foods are also high in refined sugar causing blood sugar levels to rise and fall too quickly, leaving you feeling more tired than you were before
- Also leaves you feeling hungry after a very short time
- Try and encourage your child to eat fresh fruit, vegetables and wholemeal carbohydrates which will give them a 'natural' sugar lift
- Take adequate fluids, water is excellent! Drinking water reduces tiredness and improves concentration

Energy drinks and caffeine:

- Have little proven nutritional value!
- Contain high levels of caffeine which can have the potential side effects of elevated heart rates, high blood pressure, anxiety, headaches and interrupted sleep patterns

Reducing Test Anxiety

Test anxiety has two components – negative thoughts and physical symptoms:

Tackle negative thinking by:

- Identifying negative thinking styles (eg. catastrophising)
- Developing positive self-talk

Tackle physical symptoms by:

- Assisting your adolescent in developing effective relaxation techniques (eg. Formal – yoga, deep abdominal breathing, mindfulness, meditation; or Informal – swimming laps or jogging).

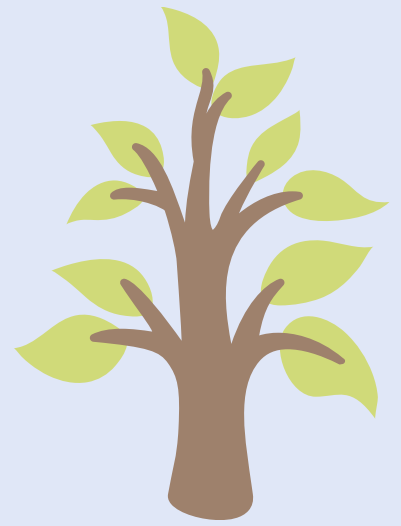
THE ART OF MINDFULNESS

Mindfulness is bringing one's complete attention to the present, on a moment to moment basis.

Mindfulness exercises allow you to be able to identify, tolerate and sit with difficult and unpleasant thoughts, feelings, and sensations rather than being pushed around or swept up in them.

Put simply, it is becoming aware of the here and now with a flexible, open and curious mind.

The Smiling Mind app is a great mindfulness meditation tool which is free and evidence-based.



TIPS FOR MINDFULNESS

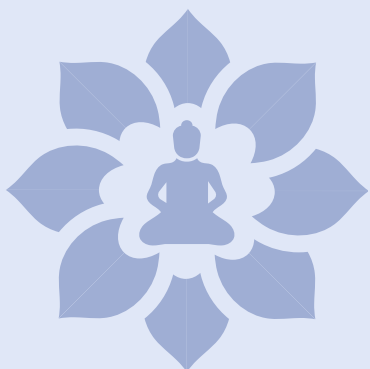


Gratitude



Research suggests that gratitude practice helps us to rewire our brains to pay more attention to the "good stuff" and deflect and bounce back from the not so good stuff.

- Start a gratitude journal
- Write down 3 things you are grateful for each day
- Try to praise or thank someone everyday



GROWTH MINDSET

Help your child develop a more positive 'growth mindset'

ASK YOUR CHILD:

"When you fail, what is your thought process?"

Do they feel they failed because they didn't have an innate ability OR do they attribute failure to something more in their control?

In a **fixed mindset**, students believe their abilities and intelligence are fixed traits. They have a certain amount and that's that.

In a **growth mindset**, students understand their talents and abilities can be developed through effort, good teaching, and persistence. They believe everyone can get smarter if they work at it. (Carol Dweck, 2012)

Instead of...

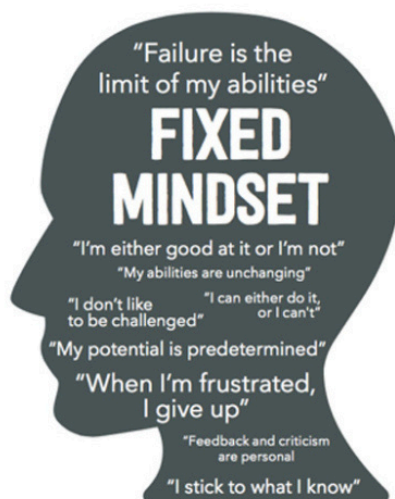


I'm not good at this
I give up
It's good enough
I can't make this any better
This is too hard
I made a mistake
I just can't do this
I'll never be that smart
Plan A didn't work
My friend can do it

Try thinking...



What am I missing?
I'll use a different strategy
Is this really my best work?
I can always improve
This may take some time
Mistakes help me to learn
I am going to train my brain
I will learn how to do this
There's always Plan B
I will learn from them



Sleep

ZZZ

Good sleep patterns are super important. They help us to feel well, focused and happy. A lack of sleep can affect a child's learning and school work output. It may also lead to mood swings, make them more vulnerable to illnesses and exhibit decreased resiliency to life stressors.

Research shows that for optimal performance, mood and alertness, adolescents aged 14-17 years require 8-10 hours of sleep; and 7-9 hours for 18-25 year olds.

Tips for a good night's sleep

- Wake up and go to bed at the same time (even at weekends)
- Limit caffeine (including energy drinks) and avoid entirely after lunchtime
- A bedroom that is dark, cool (round 16-18 degrees) and quiet
- Shut down electronic devices at least 30 minutes before going to bed

Partying

Set Rules
&
Boundaries

Partying can become the weekend 'culture'; along with the 'need' to have alcohol and possibly other substances.

- Regular partying can affect sleep patterns, temperament, attitude, and mental health. School work can be affected, as well as family life (arguments re: alcohol etc)
- Talk to your child about safe alcohol and drug use. They are more likely to come to you with an issue if you have an open dialogue
- If you are concerned about your child – see your GP or seek out support. A member of our Student Services team can assist with linking your child with specialist support.

Consider talking with other parents about the details of the party and follow police advice when it comes to hosting a party.

Part-time Work



Part-time work is a fantastic way for teenagers to transform to adult life and is a desire of many teenagers to start making their own money and the joy of spending it!

Beware – this can come at a cost to their health and well-being when trying to juggle it all.

Ensure your child is not over-working and is focusing on school first and work second.

Speak to your child's boss if you are concerned about the time, or number of hours they are working

SUPPORTING YOUR CHILD'S USE OF SOCIAL MEDIA

As Year 11 and 12 students, social media is likely a big part of your child's life.

Teenagers use social media to communicate, make connections and create valuable support networks. They can also use social media for self-expression, entertainment or to stay connected to current events. Unfortunately, social media can also negatively affect teenagers including disrupting their work and sleep as well as exposing them to negative online behaviour. As social media has become an integral part of teenager's lives, it is important to support your child's use whilst encouraging them to do so responsibly. Two key ways to do this are:

Setting reasonable limits

Discuss with your child strategies for how they can avoid letting social media interfere with their studies, work and sleep. Encourage your child to keep their phones away whilst completing school work and to develop a routine that avoids the use of electronic devices prior to bed as a way to wind down and have better quality sleep.

Discuss appropriate online behaviour

Talk about negative online behaviours (including bullying and harassment of others) and discourage your child from engaging in these, both on and offline. Outline what is appropriate and safe to share on social media, both of themselves and others, and provide a safe place for them to turn if they feel uncomfortable by someone's behaviour online.

The Student Services staff are also available so please encourage your child to speak with someone if they are being impacted by online behaviour.

Alternatively, any inappropriate online behaviour can be reported through the eSafety Commissioner - www.esafety.gov.au.



MINDARIE SENIOR COLLEGE MOBILE PHONE POLICY

The Department of Education does not permit student use of mobile phones in public schools unless for medical or teacher directed educational purpose. So that means phones should be 'Off and Away All Day'.

OFF AND AWAY ALL DAY

1st offence



Phone confiscated - student can collect

2nd and 3rd offences



Phone confiscated - parent to collect

4th and ongoing offences



One day suspension and compulsory education session on 'mobile phone use'

MENTAL HEALTH SUPPORT

Young people are uniquely vulnerable to mental health problems. Research indicates that one in five Australian adults will experience a mental illness and that most mental illness manifests in adolescence, with half of all mental illnesses starting before the age 14; and 75% before age 25.

The nation as a whole has seen a surge in schools regarding the number of families seeking guidance on how to best support their children with a mental health concern.

We have also noted an influx in the number of students independently visiting Student Services to book a Pastoral Support Session with one of our trained counsellors at the College, which is great, as this means they feel safe to seek out support.

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If you are concerned with your child's mental health, discuss this with a GP, medical professional, or a member of the Student Services Team.
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Other sources of where to access help include:

CAMHS Crisis Connect – 1800 048 636

Available 24hrs / 7days week. Provides support for children under the age of 18 years and their families. Includes a brief assessment of mental health risk and signposting to the most appropriate service, depending on need.

Crisis Care Helpline – 1800 199 008

Kids Help Line – 1800 551 800

Youth Beyond Blue – 1300 224 636

Men's Line Australia – 1300 789 978

Lifeline – 131 114

Crisis Care – 9223 1111

Suicide Call-back service – 1300 659 467

Mental Health Emergency Response Line – 1300 555 788

SARC (Sexual Assault Resource Centre) 6458 1828 and 1800 199 888

Freedom Centre (Diverse sexuality and gender) 9228 0354

MercyCare Reconnect (supports young people and their families experiencing family conflict and potentially unstable accommodation 1800 800 046

www.headspace.org.au

<http://au.reachout.com.au>

www.lifeline.org.au

<https://www.mercycare.com.au/youth-family-and-support/youth/reconnect>

Here are some tips on how to promote positive mental health with your young adult:

- Talk about their feelings with them – listen to understand
- Encourage them to keep active
- Encourage them to stay hydrated
- Keep in touch with your child – set aside a regular time when you might head out and do an activity together so that you can check-in. The activity might be something they are particularly good at
- Encourage your child to eat well
- Encourage your child to ask for help when they need it
- Encourage your child to accept who they are
- Promote the use of mindfulness apps so that they learn some coping strategies
- Make sure they get enough sleep! This may mean setting a time limit on their mobile phone use (social media), or storing the phone in another room overnight
- Encourage your child to 'empty their thoughts on to paper'
- Practice meditation and relaxation exercises with your child
- Set some goals together
- Have some go-to places for support, should the need arise. For example, your GP is a good first option for support with any mental health concern

OUR MSC THERAPY DOGGIES



ODIE



WALTER





Mentally Healthy School

ACT-BELONG-COMMIT

The mental health message of Act-Belong-Commit encourages children and young people to deliberately do things to look after their mental wellbeing.

Keeping mentally and physically active, having good friends and helping others or learning new things not only builds self-esteem and confidence, it can reduce stress and help with academic outcomes. As part of our role in Student Services, we encourage students to participate in activities around the College and suggest students still do something they love to do.

Physical exercise is very important throughout life and equally as important in senior school.

Research shows that people who are physically active in high school demonstrate more confidence, leadership, and self-respect. They are better at setting goals and managing their time.

The Act-belong-Commit message is simple:

Do something
Do something with someone
Do something meaningful

CONNECTING WITH YOUR TEEN

Stay Interested

- **Get to know their friends** - They will make new friends here. Invite them over, get out of the car and meet their parents, become friends with them on FB or follow them on Instagram (if they will let you)
- **Know their interests** - Get to know them during their driving practice (safely!) - this is a time they are not on their phones or chatting to friends online. Get along to their sporting game - watch and encourage them. Spend time doing something they enjoy- binge Netflix, or watch a movie
- **Know their personal habits** - Sleep, exercise, food, online activities

Stay Connected

- **With your teenager** - Tell them stories, ask them about their concerns, go on a date
- **With the school** - Contact their Mentor Teacher regarding issues at home that may affect attendance or arriving late to school, illnesses etc
- **With the community** - You're not alone. If there is an unexpected issue that arises, we can refer you to networks/supports in the local community.

How to handle stressful young adults



- Talk with them – ask open ended questions
- Listen, non-judgementally
- Use 'start' not 'stop' conversational language (eg "explain what you mean" or "tell me more")
- Pick your battles. Be consistent and fair
- Young people need security – provide them with boundaries
- Be a role model: read a book, study, volunteer, talk optimistically, plan your future
- Chat (and laugh) about your mistakes, fond memories, ambitions, regrets
- Have family rituals: communal dinner, movie night, walking the dog, exercise
- Affirm them and praise not only their successes but their ATTEMPTS
- Allow them space and time to process difficult thoughts and feelings
- When they vent try to think of it as a coping strategy. They will vent to the people they trust most.

DRUG AND ALCOHOL SUPPORT

There is no single reason as to why teenagers use drugs or alcohol but it is incredibly important that you, as parents, understand some of these reasons and talk to your children about the dangers of drinking alcohol and using drugs.

Peer Pressure

As your child matures, their social life begins to grow too! This may mean that they see lots of people (including their close friends) consuming various substances at social events. Sometimes their friends may urge each other, and themselves, to try alcohol or drugs because it becomes 'part of the normal teenager thing to do at parties'. Young people are more likely to party safely if they are well informed about the possible risks. Talk to your child about where they are going, what time they plan to return home, who they are going with and their travel arrangements. Let them know that you are available should they need you. You may also want to organise a 'code word' for your child to use over the phone if they secretly wish to be picked up, but they don't want their friends to know.

Escape and Self-Medication

Sometimes, when teens can't find an outlet for their frustration or negative feelings they may turn to drugs and/or alcohol as a coping mechanism as a way to 'numb' their feelings of unhappiness. Whilst this may alleviate unwanted mental health symptoms in the short term, in the longer term it tends to exacerbate them and often may result in drug dependence. The progression from experimentation to a serious disorder is more likely in children with existing mental health disorders.

Boredom

Some young people turn to alcohol and drugs as they think it helps to fill an internal void that they feel, as well as simply giving them 'something to do'. It also provides some common ground for them to get to know one another.

Academic Success

We live in a very competitive society and the pressure to perform can be overwhelming for our young adults. Some adolescents may turn to certain drugs such as prescription stimulants because they think those substances will improve their performance.

Instant Gratification

The effects of drugs and alcohol often work quickly. Young adults may turn to these substances as a quick short-cut route to feeling happy.

Misinformation

Nearly every young adult has friends who claim to be experts on various recreational substances such as marijuana, and they're happy to reassure other people that the risks are minimal. This is why education surrounding drugs and alcohol is so important, to ensure they are getting real facts about the dangers of drug use.

TALKING TO YOUNG ADULTS ABOUT DRUGS AND ALCOHOL

- *Find a quiet, comfortable place to sit and chat*
- *Be prepared that you may not know all their answers surrounding alcohol and drugs – maybe do some research together*
- *Explain that drugs are used for an array of reasons in everyday life, such as illness, and let the conversation flow from there*
- *Have some basic information up your sleeve but be prepared for your child to already know a fair amount about alcohol and drugs. Not only will they speak about it with their peers, they will have also covered the topic in Year 10 Health as well as some Senior School courses*
- *Consider making a verbal or written contract surrounding alcohol and drug use whilst they are living at home*
- *Consider making a verbal or written contract stating that they must call you if the person responsible for driving has been drinking or using drugs*
- *Try to understand their predicament, and all the compounding factors influencing them at their age. Even if you disagree with them, commit to taking a united approach with them*
- *Be sure to talk about the risks involved with drinking alcohol and drug use, as well as discussing the outcomes, such as jail*
- *Avoid using emotional appeals such as trying to bribe them, threaten them or guilt-trip them. This will only cause upset and push them away*
- *Set realistic goals*
- *Be clear about your expectations and establish clear consequences*

HOW TO SUPPORT YOUR CHILD THROUGH DRUG AND/OR ALCOHOL ADDICTION

Important website and contact numbers:

Parent and Family Drug Support Line

<https://www.mhc.wa.gov.au/parentandfamilydrugsupportline> or (08) 9442 5050

Alcohol and Drug Support Line

<https://www.mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service/alcohol-and-drug-support-line/> or (08) 9442 5000

Community Alcohol and Drug Services

<https://www.mhc.wa.gov.au/getting-help/community-alcohol-and-drug-services/>

North Metro Community Alcohol and Drug Service

<https://cyrenianhouse.com/nmcads/> or (08) 9301 3200

This service provides free and confidential assessment and referral as well as clinical psychology, group programmes, counselling and case management.

Drug and Alcohol Youth Service (Days Residential)

<https://www.mhc.wa.gov.au/about-us/our-services/next-step-drug-and-alcohol-services/drug-and-alcohol-youth-service-days/>

*“The Drug and Alcohol Youth Service (DAYS) is a **free and confidential** service located in East Perth which provides young people (aged 12 to 21) and their families with access to a comprehensive range of alcohol and drug services including:*

Shalom House

<https://www.shalomhouse.com.au/>

This is a specific Men’s Rehabilitation Centre. “We offer a holistic rehabilitation program that focuses on bringing restoration to all areas of the resident’s life, including finances, relationships, heart issues, employment, education and training for the future. Our program is practical and hands-on, ensuring that residents and all involved in Shalom are valued and contributing members of the community. We offer our services to anyone with a life-controlling issue, whether it be an addiction to substances such as drugs and alcohol or people with anxiety, fear or emotional trauma”.

School Drug Education and Road Aware – <https://www.sdera.wa.edu.au/>

Useful Links

<https://www.actbelongcommit.org.au/>

WA's longest running mental health promotion campaign encourages everyone to keep active, connect with others and do something meaningful for good mental health and wellbeing.

<https://learnmate.com.au/parental-support/>

Learnmate is a trusted community marketplace that connects school-aged students who want 1:1 or group study support with tutors all over Australia that are looking to share their knowledge.

<https://www.mindarie.wa.edu.au/student-support>

Contact details and information about Mindarie Senior College's Student Services team.

<https://raisingchildren.net.au/>

Provides ad-free parenting videos, articles and apps backed by Australian experts.

<https://headspace.org.au/>

Headspace is the National Youth Mental Health Foundation who provide early intervention mental health services to 12-25 year-olds.

<https://livelighter.com.au/>

LiveLighter is a public health education campaign which aims to help people to eat well, be physically active and avoid excess weight gain.

<http://tisc.edu.au/>

The Tertiary Institutions Service Centre (TISC) is responsible for processing school leavers' applications for Undergraduate courses at Western Australian universities.

<https://www.police.wa.gov.au/>

Provides trusted and valued policing for Western Australia. It is responsible for policing the world's largest single police jurisdiction, covering Western Australia's 2.5 million square kilometres with over 150 police stations across 8 metropolitan and 7 regional districts.

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

The Australian Dietary Guidelines give advice on eating for health and wellbeing. They're called dietary guidelines because it's your usual diet that influences your health. Based on the latest scientific evidence, they describe the best approach to eating for long and healthy life.

<https://au.reachout.com/tough-times/addiction>

ReachOut is the most accessed online mental health service for young people and their parents in Australia. Their trusted self-help information, peer-support program and referral information save lives by helping young people be well and stay well.

<https://www.ccyp.wa.gov.au/info-for-children-and-young-people/mental-health-online-resources/>

Online resources for mental health information and tips.

<https://www.sdera.wa.edu.au/>

SDERA helps children and young people make smarter choices by providing a resilience approach to road safety and alcohol and drugs education.

<https://www.servicesaustralia.gov.au/individuals/services/medicare/australian-immunisation-register>

The national register where your vaccinations are recorded.



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SENIOR COLLEGE