

PARENT FORUMS – Suggested topics

A number of schools in conjunction with their P&Cs are running parent forums on topics of interest or concern to parents and carers. Some topics are already covered in class for the students and parent forums make a very useful addition. Joint parent and student forums might be considered for some topics.

Here are some forums which have been of interest, and ideas for possible speakers.

1. **Getting to know your school** – a simple tour of the school and additional information about programs and facilities.
2. **Balancing ‘Screen’ time with Real Life** – a screening of the movie ‘Screenagers’ can be an excellent conversation starter between students and parents.
3. **Fostering a positive body image** – how to discuss body image with your teens in a way which develops and maintains self-worth, and how to spot warning signs of eating disorders. Many high schools run the Any Body’s Cool program for year 7 or 8 students and [mieact](#) (Mental Illness Education ACT), who run these sessions, may also be able to present to parents.
4. **Cybersafety** – staying safe online and what to do about cyberbullying. You can book a session from trained presenters at www.thinkuknow.org.au
5. **Protective Behaviours** - parents learn how to help children and young people to protect themselves and empower them to recognise situations in which their personal space and sense of safety may be compromised.
Nell O’Connor the Director of Healthy Relationships Training offers free 30 minute information sessions for parents (She is a qualified Teacher and Social Worker and is currently practicing as a Family and Child Therapist) This session would be helpful for parents of children aged between 4 and 12 years. The session focuses on everyday situations. Contact Nell at nell@healthyrt.com.au or phone 0410 636 318.
6. **Getting organised** – helping students plan their homework and organise themselves
7. **Drug and alcohol awareness** – what are the common drugs, their effects and dangers; and how to talk to teens about it. [The Alcohol, Tobacco & Other Drug Association of the ACT](#) (ATODA) may be able to provide a speaker.
8. **Relationships and sexuality** - how to talk to you children about sex, relationships and consent. SHFPACT (Sexual Health and Family Planning ACT) provides [parent information sessions](#).
9. **Finances for life** – what students (and parents) need to know to make informed financial decisions now and in their future.
10. **Career choices and challenges** - how to help your student decide what career, how to achieve it and when to pursue it. Working through the career stages and changing careers later on. Could be provided by the College’s Transitions and Careers Officer or Rebecca Bray, the Education Directorate’s Careers and Transitions Program Manager (Ph: 6205 7044).
11. **Life after college** – what students can expect/experience at further/higher education and the opportunities and challenges that has for students. Also, work place challenges for those moving straight into employment. Could be provided by the College’s Transitions and Careers Officer.
12. **Handling success and rejection** – what parents and students need to know to avoid the emotional and psychological pitfalls of succeeding and failing at their endeavours and relationships.